

Chik'n Tikka Masala



Ingredients

For the marinade:

- 1 package of vegan chicken substitute (such as seitan, tofu, or soy curls), cut into bite-sized pieces
- 1 cup vegan yogurt
- 2 tablespoons lemon juice
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon ground paprika
- 1 teaspoon ground turmeric
- 1 teaspoon garam masala
- 1 teaspoon chili powder (adjust to taste)
- Salt to taste

For the sauce:

- 2 tablespoons vegetable oil
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1 tablespoon tomato paste
- 1 can (14 oz) crushed tomatoes
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1 teaspoon garam masala
- 1 teaspoon turmeric
- 1 teaspoon chili powder (adjust to taste)
- 1 cup coconut milk or vegan heavy cream
- Salt to taste
- Fresh cilantro for garnish

Instructions

1. In a bowl, whisk together all the ingredients for the marinade. Add the vegan chicken pieces and toss to coat. Let marinate for at least 15 minutes, or overnight in the refrigerator if possible.
2. In a large skillet or pot, heat the vegetable oil over medium heat. Add the chopped onion and sauté until soft, about 5 minutes. Add the minced garlic and grated ginger, and sauté for another 2 minutes until fragrant.
3. Stir in the tomato paste and cook for 1-2 minutes. Add the crushed tomatoes and spices (cumin, coriander, paprika, garam masala, turmeric, chili powder) and stir well to combine. Let the sauce simmer for about 10 minutes, stirring occasionally.
4. While the sauce is simmering, heat a separate skillet over medium-high heat. Add the marinated vegan chicken pieces in batches, making sure not to overcrowd the pan. Cook until browned and slightly crispy, about 5-7 minutes. Set aside.

5. Once the sauce has thickened, stir in the coconut milk until well combined. Add the cooked vegan chicken pieces to the sauce and let simmer for another 5-10 minutes, until the sauce has thickened and the flavors have melded together. Taste and adjust seasoning with salt and additional spices if needed.
6. Serve the vegan chicken tikka masala over cooked basmati rice, with naan bread on the side. Garnish with fresh cilantro leaves before serving.

Naan Bread

Ingredients

- 2 cups bread flour or all-purpose flour
- 1 teaspoon vegan sugar or any white sugar
- 1 teaspoon baking powder
- 1 teaspoon sea salt fine
- 2 teaspoon olive oil extra virgin
- 2 large cloves garlic minced
- $\frac{1}{3}$ cup unsweetened almond milk or any other plant milk
- $\frac{1}{3}$ + cup water more as needed

For Toppings

- vegan butter melted
- fresh parsley roughly torn

Instructions

In a large bowl, whisk together flour, sugar, baking powder and salt.^[L]^[SEP]

Add olive oil and almond milk and stir with wooden spoon. Add water a little at a time to mixture until you've achieved the right consistency. The dough should be sticky and moist, but not runny or wet. Use your hands to knead dough into a large, round ball. Add more water as needed. Dough should be very sticky.^[L]^[SEP]

Add garlic and mix into dough ball with hands.

Cover with dish towel and let sit for 10 minutes.

Separate dough into 6 even balls. Sprinkle thin layer of flour onto cutting board. Using a rolling pin, roll out the first ball to $\frac{1}{8}$ of an inch. The thinner the better. Brush both sides with olive oil.

Heat skillet on high heat. Place dough in skillet and allow to brown. When the dough starts to bubble and puff up, it's ready to turn. Remove from heat and brush each side with vegan butter. Serve immediately.