

Chickpea Tikka Masala

SERVINGS
4-6

PREP TIME
15 MIN

COOK TIME
30 MIN

TOTAL TIME
45 MIN

This Chickpea Tikka Masala combines tender zucchini, chickpeas, and fragrant spices, all simmered in a rich tomato-coconut sauce. Serve over basmati rice for a satisfying meal.



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Ingredients

Directions

1

- Olive Oil
- 1 Medium Onion
- 2 tbsp Minced Garlic
- 2 Medium Zucchini (or Favorite Veggies: Bell Peppers, Carrots, Broccoli, etc.)

- Heat a drizzle of olive oil in a large skillet over medium heat.
- Dice the onion, add it to the pan, and stir.
- Cook until the onion turns translucent, about 3–4 minutes.
- Add the minced garlic and sauté for about 2 minutes, stirring often.
- Dice the zucchini (or your chosen vegetables) and add to the pan. Stir and sauté for 1–2 minutes, until they just begin to soften.

2

SPICES

- 2 tsp Garam Masala Spice Blend (see note)
- 1 tsp Turmeric
- 1 tsp Salt
- ½ tsp Ground Ginger
- ½ tsp Cumin
- ½ tsp Black Pepper

NOTE ABOUT GARAM MASALA SPICE BLEND: Garam masala is a fragrant Indian spice blend that gives this dish its signature flavor. If you don't have it on hand, try making a quick substitute with equal parts cumin, paprika, ground ginger, and cinnamon. For the best flavor, though, we recommend picking up a garam masala blend once this becomes a regular craving.

- Add all spices and stir well. Cook for about 2 minutes to release their flavor.

3

- 2 Cans Diced Tomatoes (15 oz each)
- 1 Can Unsweetened Coconut Milk (13 oz)
- 2 Can Chickpeas (Garbanzo Beans) (15 oz each)

- Add the tomatoes and coconut milk to the pan.
- Drain and rinse the chickpeas, then stir them in.
- Bring the mixture to a gentle boil, then reduce the heat and let it simmer for 15 minutes, stirring occasionally.

4

- 1 Cup Basmati Rice

WHILE SIMMERING

- Cook the rice according to the package instructions.

5

OPTIONAL

- Sprinkle Cayenne Pepper

- About 10 minutes into simmering, taste the masala and add more spices if needed, such as an extra teaspoon of garam masala and/or additional salt.
- If you like a little heat, sprinkle in cayenne pepper to taste.

SERVE WITH OPTIONAL:

- Vegan Naan Bread (or substitute pita bread if you can't find vegan naan)

- Serve the masala over a bed of rice with a side of vegan naan bread. Season with salt and pepper to taste.