

Cauliflower Tikka Masala

2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Johnson's Backyard Garden Cauliflower, outer leaves and core removed, washed
Farmhouse Kitchen Tikka Masala, thawed and stirred well before use
Aqua Dulce Bibb Lettuce, root ball removed, washed, dried well
Gundermann Acres Green Onion, root end trimmed
Farmhouse Kitchen prepared Gundermann Acres Black Eyed Peas, thawed
Gulf Pacific Brown Rice
Farmhouse Kitchen Coriander Vinaigrette, stirred well
Canola or Olive Oil
Salt and Pepper

STEP 1 Bring 8 cups of water to a boil in a large saucepan. When the water reaches a boil, add 1 tsp. salt and brown rice. Boil the rice, stirring occasionally, until tender, approximately 35-40 minutes. Taste the rice to see if it's cooked to your preferred texture. Cook for an additional 5 minutes, if needed. Drain well and return to pot. Keep covered until ready to serve.

STEP 2 Trim Cauliflower into florets and set aside. Clean and dry lettuce. Tear into bite size pieces and set aside in a mixing bowl. Thinly slice green onions, set aside. Heat pan over medium heat. Add 1 tbsp. of oil.

STEP 3 Lightly oil and season cauliflower with salt and pepper. Add to hot pan and caramelize. When cauliflower is brown turn heat to medium-low and add green onions. Cook until slightly wilted. About 2-3 minutes. Add black eyed peas and tikka masala. Simmer for 10-12 min or until cauliflower is tender.

STEP 4 Toss lettuce with vinaigrette, salt and pepper to taste. Serve on the side. Pour tikka masala over a bed of brown rice. Enjoy!

Cauliflower Tikka Masala

4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

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Farmhouse Kitchen Tikka Masala, thawed and stirred well before use
Aqua Dulce Bibb Lettuce, root ball removed, washed, dried well
Gundermann Acres Green Onion, root end trimmed
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Farmhouse Kitchen Coriander Vinaigrette, stirred well
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STEP 4 Toss lettuce with vinaigrette, salt and pepper to taste. Serve on the side. Pour tikka masala over a bed of brown rice. Enjoy!

STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Cauliflower - Store in the crisper drawer of the refrigerator. Use within 5 days.

Tikka Masala - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: Village Farms tomato, In the Garden ginger, onion, garlic, coconut milk, White Mountain Greek Yogurt, Patty's Herbs cilantro, garam masala, salt)

Bibb Lettuce - Store in crisper drawer of refrigerator in an airtight container, wrapped in a dry paper towel. Use within 5 days.

Green Onions - Store upright in glass of water, plastic bag covering the green stalks, in the fridge.

Black Eyed Peas - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: Gundermann Acre black eyed peas, water, salt)

Brown Rice - Keep in a cool, dry place in the kitchen until ready to use.

Coriander Vinaigrette- Store in the refrigerator. Use within 5 days. (Ingredients: toasted coriander seed, turmeric, Patty's Herbs cilantro, lemon juice, canola oil, extra virgin olive oil)

***Contains dairy inclusive ingredients.**

****Not made with gluten, egg, nuts, peanuts fish or shellfish containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**