



Tikka Cauliflower & Chickpea Curry (V)

Roasted cauliflower and chickpeas in a gently spiced tikka sauce with creamy yoghurt notes - a comforting vegetarian curry full of warm, aromatic flavour.

Ingredients

Cauliflower, chickpeas, onions, yoghurt, fresh cream, butter, sunflower oil, garlic, ginger, masala, spices, fresh coriander, seasoning.

Allergens

Contains: Milk.

Made in a kitchen that uses nuts.

Heating Instructions

All meals must be fully defrosted before heating. Remove plastic lid before heating.

Stove Top

- Decant contents into a suitable pot
- Bring to a gentle simmer, stirring occasionally to distribute the heat evenly

Oven

- Preheat oven to 180°C.
- Place the foil container on a baking tray and heat for 25–30 minutes.

Air Fryer

- Preheat to 160°C.
- Place the foil container in the air fryer basket and heat for 18–22 minutes.

Microwave

- Heat on medium–high power for 5–7 minutes, stirring halfway if possible.
- Allow to stand for 1 minute before serving.

Important

Cooking times may vary depending on the appliance, and so may require slight adjustment. Always ensure food is piping hot throughout before serving.

