



Recipe

paneer tikka masala for a family of 4



Introducing our paneer tikka masala! It's a gentle, cosy curry made for little tummies. With soft, crumbly paneer cheese, sweet peas, and fluffy pieces of potato all wrapped up in a creamy, mild sauce. It's warm, tasty, and comforting. Perfect for scooping up with rice or dipping soft naan bread!

Ingredients

a glug of oil	1 tsp of ground cumin	400ml of coconut milk
2 white onions - chopped	1 tsp of ground tumeric	350ml of water
500g of new potatoes - halved or quartered	1 tsp of ground coriander	450g of crumbled paneer
3 cloves of garlic - chopped	a pinch of mild chilli flakes	
1 large thumb of ginger - chopped	1 tbsp of tomato paste	
1 tbsp of garam masala	700g of tomato passata	

Method

Heat oil in a wide, deep pan over medium heat and cook the onions until soft.

Add potatoes, garlic, ginger and spices and mix well to coat everything, cooking for a few minutes until lightly fragrant.

Add tomato paste and mix well to coat everything.

Add the passata, coconut milk and water.

Bring to the boil, then simmer gently for at least 1 hour until potatoes are fully cooked and sauce is thickened.

Add crumbled paneer and mix through.

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Nutritious delight with every bite

Please note: This recipe is correct at the time of publication on 09/02/2026. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.