

# EASY COOKIN' / WITH THE MASALA MAMA QUARTET





I started Masala Mama because I missed the taste and quality of food that I had in India and couldn't find here. The best Indian food I've had has always been in people's homes, and my goal is to bring the flavors of our home to yours, with sauces that provide the perfect backdrop for easy, fresh and delicious Indian meals. Here are a few recipes that I hope you enjoy (including some that are far from traditional). I'd love to hear which ones you like, and how they turn out. Write me at: [recipes@masalamamafoods.com](mailto:recipes@masalamamafoods.com).

—Nidhi Jalan

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(v=vegetarian, v\*=vegan)

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# TIKKA MASALA RECIPES

“I've never had another jar sauce that's tasted as fresh and filled with flavor! It feels like a restaurant quality meal that you can enjoy in the comfort of your own home. Tikka Masala is my go-to.”

— Emily G.





# Tikka Masala with Pasta

**This creamy Tikka Masala pasta is seriously delicious.**  
*A match made in heaven, Masala Mama's Tikka Masala Sauce pairs fantastically with pasta. You can even add some grilled chicken, shrimp or mushrooms to this sauce.*

**Prep time:** 5 mins • **Cook time:** 15 mins • **Difficulty:** Easy

## INGREDIENTS:

- 1 jar Masala Mama Tikka Masala Sauce
- 2 cups linguine or bucatini
- ¼ cup heavy cream
- Fresh basil or cilantro
- Freshly grated parmesan cheese
- Red pepper flakes (optional, for additional heat)

- Boil pasta\* according to instructions on the packet, drain, saving about ¼ cup of the starchy water and keep aside.
- Add Masala Mama Tikka Masala Simmer Sauce\*\* to a large sauce pan over medium heat. Add cream and mix well.
- Add the pasta to the sauce and toss. Add the saved starchy water and mix well. Adjust salt and pepper to taste.
- Garnish with parmesan cheese and herbs. Serve with red pepper flakes and some extra parmesan cheese on the side.

*\*Add a splash of olive oil to prevent pasta from sticking.*

*\*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Tikka Masala Mac & Cheese

**An unbelievably delicious version of macaroni and cheese.**  
*Use Masala Mama's famous Tikka Masala sauce as a base.*  
*Sinful and decadent but worth every bite!*

**Prep time:** 15 mins • **Cook time:** 50 mins • **Difficulty:** Medium

### INGREDIENTS:

- 1 jar Masala Mama Tikka Masala Sauce
- 1 cup elbow pasta
- 1 cup whole milk
- ½ cup heavy cream
- 3 cups shredded cheese (mix of Cheddar and Gruyere)
- 1 tablespoon butter
- ½ cup coarse bread crumbs, (such as Panko)
- ¼ cup Parmesan cheese

- Preheat oven to 350°F. Boil water in a large pot. Add pasta\* and cook one minute less than al dente.
- Add Masala Mama Tikka Masala Simmer Sauce\*\* to a large sauce pan over medium heat. Add milk, heavy cream and season with ½ teaspoon of salt and ¼ teaspoon of pepper. Add 1 cup of the cheese and whisk until smooth. Repeat with the remaining cheese 2 more times until the sauce is completely smooth.
- Add the al dente pasta to the sauce and mix thoroughly. Transfer the pasta into a baking dish.
- In a small bowl, mix breadcrumbs and parmesan cheese. Evenly sprinkle over the pasta mixture.
- Dot with butter and bake for 30 minutes or until golden brown, and serve hot.

\* Add a splash of olive oil to prevent pasta from sticking.

\*\* Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.



## Tikka Masala Naan Pizza

*Masala Mama's delicious tomato-based Tikka Masala sauce is perfect as a pizza sauce. This recipe with **roasted squash and chickpeas** uses naan as a base and is absolutely amazing.*

**Prep time:** 10 mins • **Cook time:** 40 mins • **Difficulty:** Easy

### INGREDIENTS:

- 1 jar Masala Mama Tikka Masala Simmer Sauce
- 1 Delicata squash, cut lengthwise to remove seeds and sliced into ½ inch half-moons
- 1 15 oz. can chickpeas, drained and rinsed
- 3 tablespoons olive oil
- 1½ teaspoons ground cumin
- 4 plain Naan (small to medium sized)
- ½ jalapeño pepper, sliced thin
- ¼ cup red onion, sliced thin
- ½ cup Cottage Cheese\*
- Cilantro or basil\*\*, for garnish

- Preheat oven to 425°F. On a large lined baking sheet arrange the delicata squash and chickpeas in a single layer. Drizzle with olive oil and sprinkle with cumin, salt and pepper and roast for 20-30 minutes or until the squash is tender and the chickpeas have started to turn golden brown.
- Lay out Naan on a separate lined baking sheet and brush lightly with olive oil. Top each Naan with Tikka Masala Sauce and layer with roasted squash and chickpeas, sliced jalapeños and red onion.
- Place the Naan pizzas back in the oven and bake until, naan is a little toasty on the sides, about 6-8 minutes.
- To serve, dollop the cottage cheese over the top of the pizzas and garnish with cilantro or basil leaves.

*\*We love Cowgirl Creamery Clabbered Cottage Cheese.*

*\*\*If you have some sage handy, layer it on the pizza before putting it in the oven.*

*Note: if using frozen naan, warm the naan in the oven for about 3-4 minutes before putting on the toppings.*





## Tikka Masala Naan Pizza

*Masala Mama's delicious tomato-based Tikka Masala sauce is perfect as a pizza sauce with an Indian twist. You can make it with a myriad of toppings. It's delicious and bright with **red bell peppers and roasted onions.***

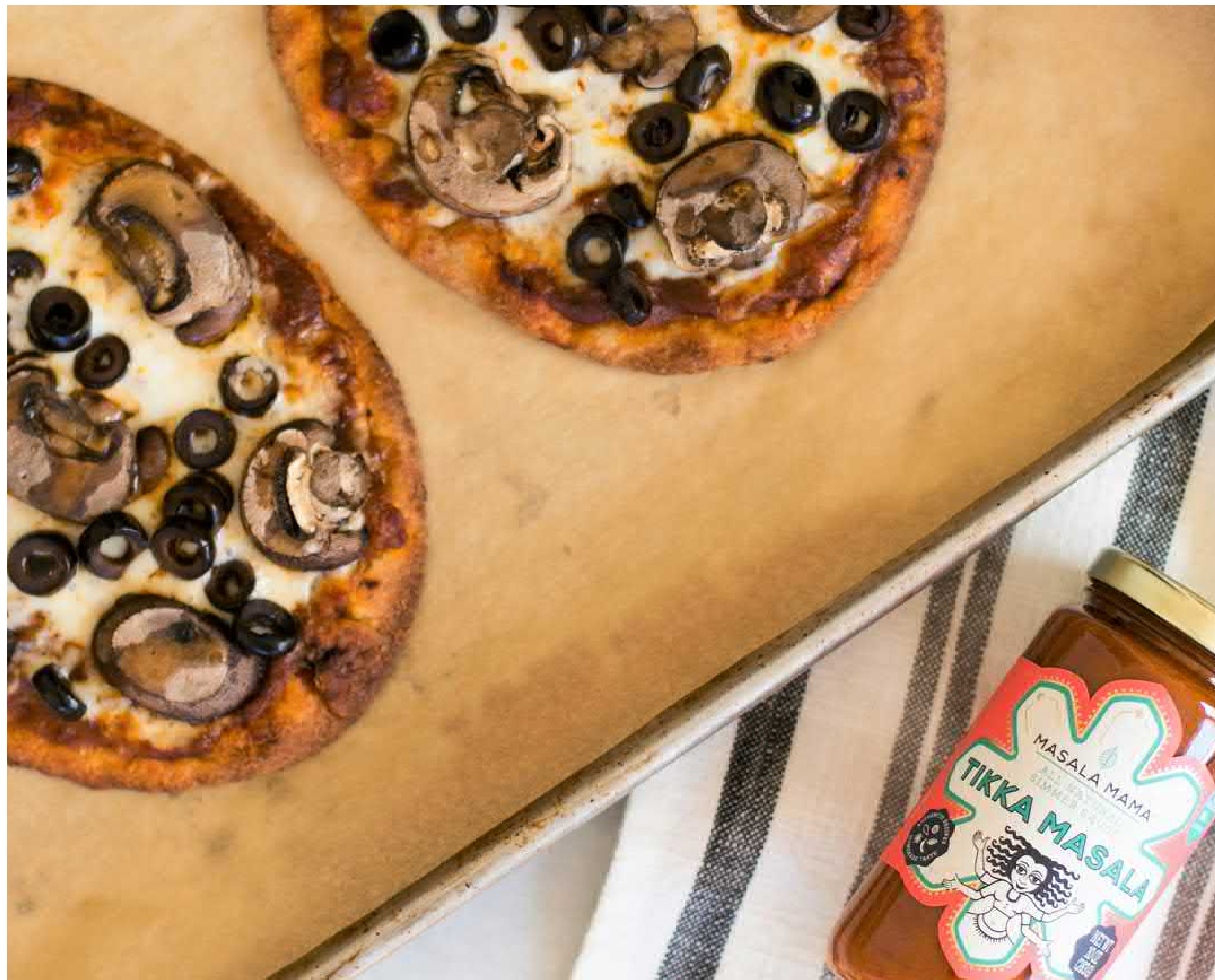
**Prep time:** 5 mins • **Cook time:** 13 mins • **Difficulty:** Easy

### INGREDIENTS:

- 1 jar Masala Mama Tikka Masala Sauce
- 4 plain Naan (small to medium sized)
- 1 cup grated low moisture mozzarella cheese and Fontina mixed
- 1 red bell pepper, sliced
- 1 red onion, siced
- 2 tablespoons olive oil
- Fresh basil leaves, for garnish (optional)
- Red pepper flakes, for garnish (optional)

- Preheat oven to 425°F.
- Lay out Naan on a lined baking sheet. Top each Naan with Masala Mama Tikka Masala Simmer Sauce and layer first with cheese, then sliced peppers and onions. Drizzle some olive oil over the vegetables.
- Place the Naan pizzas in the heated oven and bake until cheese has evenly melted, naan is a little toasty on the sides, about 8 minutes.
- Garnish with fresh basil and serve immediately, with red pepper flakes on the side.

*Note: If using frozen naan, warm the naan in the oven for about 3-4 minutes before putting on the toppings.*



## Tikka Masala Naan Pizza

*Masala Mama's delicious tomato-based Tikka Masala sauce is perfect as a pizza sauce with an Indian twist. You can make it with a myriad of toppings. For **mushroom and olive** lovers this is an incredibly easy and delicious weeknight recipe.*

**Prep time:** 5 mins • **Cook time:** 13 mins • **Difficulty:** Easy

### INGREDIENTS:

1 jar Masala Mama Tikka Masala Sauce  
4 plain Naan (small to medium sized)  
1 cup grated low moisture mozzarella cheese  
10 Cremini or white button mushrooms, sliced  
¼ cup black olives, sliced (seedless, can be canned)  
2 tablespoons olive oil  
Red pepper flakes, for garnish (optional)

- Preheat oven to 425°F.
- Lay out Naan on a lined baking sheet. Top each Naan with Masala Mama Tikka Masala Sauce and layer in this order: cheese, mushrooms, and olives. Drizzle some olive oil over the mushrooms.
- Place the Naan pizzas in the heated oven and bake until cheese has evenly melted, naan is a little toasty on the sides, about 8 minutes.
- Serve immediately, with red pepper flakes on the side.

*Note: If using frozen naan, warm the naan in the oven for about 3-4 minutes before putting on the toppings.*



## Eggs in Purgatory with Prosciutto & Tikka Masala Sauce

*Uovo al Purgatorio in Italian, this is a dish in which eggs are poached in tomato sauce. Trust the Italians to come up with such an evocative name. This Indo-Italian dish with prosciutto is just divine. A show stopper for brunch--easy and lip-smacking!*

**Prep time:** 5 mins • **Cook time:** 25 mins • **Difficulty:** Easy

### INGREDIENTS:

- 1 jar Masala Mama Tikka Masala Simmer Sauce
- ½ teaspoon red pepper flakes
- 8 slices prosciutto
- 4 eggs
- 4 oz. Cowgirl Creamery Wagon Wheel Cheese or Fontina\*, thinly sliced
- Chives, sliced, for garnish

- Preheat oven to 375°F.
- Add Masala Mama Tikka Masala Simmer Sauce\*\* and red pepper flakes to a large oven-safe skillet over medium heat. Bring to a simmer, and cook down gently for 10-15 minutes.
- Remove the skillet from the heat and nestle the prosciutto down into the sauce.
- Make 4 small wells in the sauce with the back of a spoon, and crack an egg into each well.
- Layer the cheese on top of the sauce, transfer the skillet into the oven and bake until eggs are just set, about 8-10 minutes.
- Garnish with chives, and serve with crusty bread or naan for sopping up the deliciously yolky sauce.

*\*Great with goat cheese, feta cheese, gruyere or just parmesan also.*

*\*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

*TIP: I love heating naan on a hot cast iron skillet or directly on the flame till it gets a few brown spots, and topping it with some butter.*



## Tikka Masala Shakshuka

*Shakshuka is a lovely one-skillet dish of eggs poached in a delicious spiced sauce of bell peppers, onions and tomatoes. You can have it for breakfast, lunch or dinner!*

**Prep time:** 10 mins • **Cook time:** 20 mins • **Difficulty:** Medium

### INGREDIENTS:

1 jar Masala Mama Tikka Masala Simmer Sauce  
2 tablespoons oil or ghee  
1 medium red onion, sliced  
1 orange or yellow bell pepper, sliced  
1-2 cups spinach, chopped (optional)  
6 eggs  
1 ball fresh mozzarella, sliced or grated  
Fresh basil or cilantro, for garnish  
1-2 tablespoons Parmesan cheese, grated\*  
½ teaspoon red pepper flakes, for garnish (optional)

- Heat the oil in a large skillet over medium heat. Add the onions, peppers, and a pinch of salt. Cook, stirring occasionally until soft but not brown, for 10 minutes.
- Add the Masala Mama Tikka Masala Simmer Sauce\*\*, spinach and red pepper flakes. Cook, stirring often until the spinach has wilted, about 5 minutes.
- Make 6 small wells in the sauce with the back of a spoon, and crack an egg into each well.
- Lower the heat, add the mozzarella around the eggs, cover and cook for 5-7 minutes, or until the eggs are set to your liking.
- Garnish the Shakshuka with basil or cilantro and parmesan. Serve with grilled bread or naan.

*\*Great with goat cheese, feta cheese, gruyere or just parmesan also.*

*\*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



# Paprika Shrimp Tikka Masala

*The combination of the charred shrimp with Masala Mama's luscious Tikka Masala sauce is unbeatable. I love using Paprika as it not only gives it a nice color but also a lovely flavor.*

**Prep time:** 5 mins • **Cook time:** 17 mins • **Difficulty:** Easy

## INGREDIENTS:

### **Marinade:**

- 1 lb shrimp\*, peeled and deveined, pref. with tail on (thawed, if using frozen)
- 2 tbsp paprika (regular or combination of smoked and regular)
- ¼ - ½ tsp red pepper flakes (optional, for a spicier dish)
- ¾ tsp salt
- ¼ tsp pepper, crushed
- 2-3 tablespoons ghee/butter or oil

### **Sauce:**

- 1 jar Masala Mama Tikka Masala Simmer Sauce
- 1/3 cup cream or coconut milk (more for a creamier sauce)
- Cilantro for garnish

- In a large mixing bowl, mix the shrimp with all the ingredients of the marinade.
- Grill, broil or pan sear the shrimp, it should get a gentle char, but be careful not to overcook as it can become rubbery. Keep aside.
- In a large pan (if pan seared the shrimp, you can use the same pan), add Masala Mama Tikka Masala Simmer Sauce\*\* and cream/coconut milk and simmer for 5 minutes.
- The sauce should have a nice gravy consistency, if too thick add some stock or water. Adjust salt to taste.
- Stir in the grilled shrimp. Cook for couple of minutes till everything is nice and hot. Garnish with cilantro and serve with rice or naan. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*I use frozen, peeled and deveined, tail-on shrimp and it's as good as fresh.*

*\*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Tikka Masala Matar Paneer

*Matar is peas and Paneer is a pressed fresh Indian cottage cheese, a favorite combination in our house. Utterly delicious and super easy with Masala Mama's Tikka Masala sauce.*

**Prep time:** 5 mins • **Cook time:** 20 mins • **Difficulty:** Easy

### INGREDIENTS:

1 jar Masala Mama Tikka Masala Simmer Sauce  
2 tablespoons ghee or oil  
6 oz. Paneer, cubed  
1½ cups frozen peas, rinsed and drained  
1/3 cup cream or coconut milk (more for a creamier sauce)  
Cilantro for garnish

- Heat ghee/oil in a large saucepan or Dutch oven over medium-high heat. Add paneer and gently sear until lightly brown on the sides, approximately 3-5 minutes.
- Stir in Masala Mama Tikka Masala sauce\*, cream or coconut milk, peas and red pepper flakes (if using) and simmer until peas are cooked, about 5-7 minutes. The sauce should have the consistency of split pea soup. If too thick add some stock or water.
- Adjust salt to taste, garnish with cilantro and serve with rice or naan\*\*. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

*\*\*TIP: I love heating naan on a cast iron skillet or directly on the flame till it gets a few brown spots, and topping it with some butter.*



## Fish Tikka Taco

*My favorite taco, it's finger-licking good and so much fun to assemble. There is a great synergy between Indian and Mexican food--cilantro, cumin, the various chilies. Tikka Masala Tacos are always a runaway hit.*

**Prep time:** 10 mins • **Cook time:** 20 mins • **Difficulty:** Easy

### INGREDIENTS:

1¼ lb fish fillets, such as salmon, tilapia, halibut etc.

3-4 tablespoons ghee/butter or oil

1 jar Masala Mama Tikka Masala Simmer Sauce

¼ cup cream or coconut milk

Mix well: 2 tbsp paprika, ¾ tsp salt, ¼ teaspoon cayenne (optional), ¼ tsp crushed pepper, 1 tbsp oil

### Pico de gallo with Avocado:

Dice equal quantities of tomatoes, onion, avocado and cilantro. Add some finely chopped green chillies to taste. Season with juice of 1 lime and salt to taste. Mix well.

- Rub spice blend on both sides of the fish fillet.
- Heat ghee/oil on a non-stick pan. Sear the fish, it should get a nice char and be cooked through. Keep aside.
- Heat the Tikka Masala sauce\* along with cream/coconut milk. Adjust salt to taste.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

*TIP: I love heating naan on a cast iron skillet or directly on the flame till it gets a few brown spots, and topping it with some butter.*

# Spiced Fish Tikka Masala

*Traditionally fish is cooked in the tandoor, an Indian clay oven, but it's fantastic grilled, broiled or pan-seared. The combination of the charred fish with Masala Mama's luscious Tikka Masala sauce is unbeatable.*

**Prep time:** 10 mins • **Cook time:** 20 mins • **Difficulty:** Easy

## INGREDIENTS:

¼ lb fish fillets, such as salmon, tilapia, halibut etc.

3-4 tbsp ghee/butter or oil

1 jar Masala Mama Tikka Masala Simmer Sauce

1/3 – ½ cup cream or coconut milk

Mix well: 2 tbsp paprika, ¾ tsp salt, ¼ teaspoon cayenne (optional) ¼ tsp crushed pepper and 1 tbsp oil

Salt to taste

Fresh cilantro for garnish



- Rub spice blend on both sides of the fish fillet.
- Heat ghee/oil on a large pan. Sear the fish, it should get a nice char and be cooked through. Keep aside.
- In the same pan add Masala Mama Tikka Masala Simmer Sauce\*, and cream/coconut milk and simmer for 5 minutes until hot. The sauce should have a nice gravy consistency, if too thick add some stock or water. Adjust salt to taste.
- Gently add in the charred fish. Do not stir, rather just shake the pan gently and cook for couple of minutes till everything is nice and hot. Garnish with cilantro and serve with rice or naan\*\*. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

*\*\*I love heating naan on a cast iron skillet or directly on the flame till it gets a few brown spots, and topping it with some butter.*



# Chickpeas & Spinach Tikka Masala

*An easy, healthy and delicious 'Chana Saag', which means chickpeas and spinach curry, this comes together in minutes with Masala Mama's Tikka Masala sauce. Make a raita on the side while the sauce is simmering and you have a heavenly meal in ten minutes!*

**Prep time:** 5 mins • **Cook time:** 15 mins • **Difficulty:** Easy

## INGREDIENTS:

1 jar Masala Mama Tikka Masala Simmer Sauce  
1 15 oz. can chickpeas, washed and drained  
¼ cup stock or water  
¼ tsp red pepper flake (optional, for additional heat)  
4 oz or 1/4 lb. spinach\*, coarsely chopped or baby  
Salt to taste



- In a pot or saucepan (with a lid) combine Masala Mama's Tikka Masala sauce\*\* with stock/water, chickpeas and red pepper flakes and bring to a simmer.
- Cover, reduce the heat, and simmer 10 minutes.
- Stir in spinach, handful at a time, until just wilted.
- Adjust salt to taste and serve with rice or naan. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

\* *Baby spinach and regular spinach work interchangeably here.*

\*\* *Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

*TIP: I love heating naan on a cast iron skillet or directly on the flame till it gets a few brown spots, and topping it with some butter.*



# Classic Chicken Tikka Masala

*There is nothing like CTM, as we lovingly call it. The most popular dish in the UK, this is chicken cooked in Masala Mama's luscious Tikka Masala sauce, flavored with sweet spices and a slight tang from the yogurt and lemon juice. With this dish, you can forget about having leftovers!*

**Prep time:** 10 mins • **Cook time:** 20 mins • **Difficulty:** Easy

## INGREDIENTS:

1 jar Masala Mama Tikka Masala Simmer Sauce  
2 tablespoons ghee or oil  
1¼ lb. boneless, skinless chicken thighs (trimmed and cut into bite size pieces)  
¼ teaspoon red pepper flakes (optional, for additional heat)  
1/3 cup cream or coconut milk (more for a creamier sauce)  
Cilantro for garnish  
Salt to taste

- Heat oil in a large saucepan or Dutch oven over medium-high heat. Add chicken and sear on all sides, about 5 minutes.
- Add Masala Mama Tikka Masala Simmer Sauce\*, red pepper flakes, and cream/coconut milk, bring to a simmer, turn heat to low, cover and simmer until the chicken is cooked through, about 15 min.
- The sauce should have the consistency of split pea soup. If too thick add some stock or water.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

*TIP: I love heating naan on a cast iron skillet or directly on the flame till it gets a few brown spots, and topping it with some butter.*



## Classic Paneer Tikka Masala

*Made with Paneer, a fresh Indian pressed cheese, this is a vegetarian version of the famous Chicken Tikka Masala. Incredibly easy to make, packed with goodness of the paneer and sumptuousness of Masala Mama's Tikka Masala sauce. It's a total winner!*

**Prep time:** 5 mins • **Cook time:** 10 mins • **Difficulty:** Easy

### INGREDIENTS:

1 jar Masala Mama Tikka Masala Simmer Sauce  
2 tablespoons oil  
8 oz. Paneer, cubed  
¼ teaspoon red pepper flake (optional, for additional heat)  
1/3 cup cream or coconut milk (more for a creamier sauce)  
Cilantro for garnish  
Salt to taste

- Heat oil in a large saucepan or dutch oven over medium heat. Add paneer and sear until lightly brown on the sides, approximately 3-5 minutes.
- Add Masala Mama Tikka Masala Simmer Sauce\*, red pepper flakes, and cream/coconut milk and simmer uncovered over medium-low heat until the Paneer is heated through and tender, about 5 minutes. The sauce should have the consistency of split pea soup. If too thick add some stock or water.
- Adjust salt to taste, garnish with cilantro and serve with rice or Naan.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

*TIP: Heat naan on a cast iron skillet or directly on the flame till it gets a few brown spots, and top it with some butter. Mmmmmm!*

# VINDALOO RECIPES

“My favorite, by far, is the Vindaloo; the ginger, cumin, and garlic comes through very well and complements just about anything.”

— Kidest F.





## Vindaloo Jackfruit Tacos

*I absolutely love making Jackfruit Vindaloo tacos, which resembles pulled pork in texture and taste. A completely easy, nutritious and delicious weeknight meal!*

**Prep time:** 10 mins • **Cook time:** 15 mins • **Difficulty:** Easy

### INGREDIENTS:

1 jar Masala Mama Vindaloo Simmer Sauce  
20 oz canned jackfruit, rinsed and drained  
1 jalapeno, chopped (optional, for additional heat)  
1 tsp sugar/maple syrup  
2 tbsp olive oil

### Toppings:

2-3 Radish, sliced thin  
Avocado, cubed  
Sour cream/Vegan yogurt, cilantro for garnish  
Tortillas (Can use round tortilla chips also)

- Cut the jackfruit into thin slices. Squeeze out as much water as you can from it. I like putting it in the middle of a kitchen towel and wringing it out.
- Heat oil in a large skillet over medium heat. Add jackfruit, sugar and jalapeno and cook, stirring occasionally until fairly dry and caramelized, approximately 6-8 minutes. The jackfruit will deepen in color.
- Add Masala Mama Vindaloo Simmer Sauce\*, mix well and simmer uncovered over medium-low heat until the jackfruit is heated through and tender, about 5 minutes. Adjust salt to taste.
- Heat tortilla in a skillet, spoon some of the jackfruit carnitas on top. Garnish with avocado, radish, sour cream and cilantro.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

*Note: You can use any toppings for this taco. Pico de gallo, kachoombar, shredded cabbage, diced mango, all work well. If you have a roasted sweet potato, you can add that to the sauce as well.*



# Vindaloo Turkey Stuffed Peppers

*A great take on stuffed peppers, easy to make and really nice to serve at a party. Healthy and supremely flavorful when made with Masala Mama's Vindaloo Sauce.*

**Prep time:** 10 mins • **Cook time:** 20 mins • **Difficulty:** Easy

## INGREDIENTS:

1 jar Masala Mama Vindaloo Simmer Sauce  
2 tablespoons olive oil  
1 lb. ground turkey  
1 cup frozen carrot and peas  
4 colored bell peppers, tops cut off and seeds scooped out  
6 tablespoons grated cheddar cheese  
6 tablespoons breadcrumbs  
Parsley, for garnish

- Preheat oven to 350°.
- Heat oil in a large heavy bottomed skillet over medium high heat.
- Add the ground meat and cook, stirring and breaking up lumps, until no longer pink, about 5 minutes.
- Add the Vindaloo sauce\*, crushed red pepper, if using, and the peas and carrots. Stir gently, cover and cook till peas are tender, 3-5 minutes. Adjust salt to taste.
- On a lined baking sheet, fill 4 cleaned peppers with Vindaloo turkey and place in oven until peppers are cooked through, about 30 minutes.
- After 30 minutes, take the peppers out of the oven. Place 2 tablespoons of cheese on each pepper and top with 2 tablespoons of breadcrumbs, repeat with the other 3 peppers. Place the tray back in oven for another 5 to 10 minutes.
- Garnish with parsley and serve hot.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Vindaloo Sweet Potato Tacos

*My favourite! The combination of the tangy and spicy Vindaloo sauce with roasted sweet potatoes, cool sour cream and crunchy radish slaw is unbeatable. Easiest tacos ever and a super hit every time I serve it. A must for Taco nights!*

**Prep time:** 10 mins • **Cook time:** 30 mins • **Difficulty:** Easy

### INGREDIENTS:

- 1 jar Masala Mama Vindaloo Sauce
- 1 lb. sweet potatoes, peeled and cubed
- 2 tablespoons olive oil
- Tortillas (great on tortilla chips also)
- 1 8 oz. container sour cream or vegan yogurt\*, for garnish
- 1 bunch radish, sliced thin, for garnish

- Preheat oven to 400°. Toss the sweet potatoes with oil, salt and pepper. Arrange in a single layer on a lined baking sheet. Roast for about 20 minutes, tossing halfway until the sweet potatoes are caramelized at the edges and fork tender.
- In a small sauce pan, heat Masala Mama Vindaloo Sauce\*\*.
- Heat your tacos on a hot cast iron skillet, adding a small amount of ghee/butter or olive oil, about 30-40 seconds on each side.
- To assemble, spread the Masala Mama Vindaloo Sauce down the middle of each tortilla. Top with roasted sweet potatoes, garnish with a dollop of sour cream and a few slices of radish. Serve immediately.

\*\* *CocoYo is our favourite.*

\*\**Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Vindaloo Sloppy Joe Stuffed Sweet Potatoes

*Once you've had this Sloppy Joe you won't want any other. It has the perfect balance of tangy, spicy, sweet and savory.*

**Prep time:** 10 mins • **Cook time:** 50 mins • **Difficulty:** Medium

### INGREDIENTS:

- 1 jar Masala Mama Vindaloo Sauce
- 4 small sweet potatoes, scrubbed well and pierced with a fork several times
- 1 tablespoon ghee or oil, plus extra for coating sweet potatoes
- ½ red onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 lb. ground beef
- 4 scallions, sliced, for garnish
- 1 tablespoon sour cream or vegan yogurt\*, for garnish

- Preheat oven to 425°. Place sweet potatoes on a lined baking sheet and rub a small amount of oil on each one. Bake the sweet potatoes for 45-55 minutes or until tender when pierced with a fork.
- While the sweet potatoes are cooking, heat ghee/oil in a large skillet over medium heat. Add onion and peppers and sauté until they begin to soften. Add ground beef and season with salt and pepper, cook until the meat is completely cooked through.
- Add Masala Mama Vindaloo Sauce\*\* to the skillet and simmer 2-3 minutes.
- To assemble, make a slice in the center of each cooked sweet potato and spread the ends apart a bit so that the potato forms a little boat. Spoon the Vindaloo Sloppy Joe Sauce over the sweet potatoes and garnish with scallions and sour cream. Though optional, the cool sour cream is magical!

\*CocoYo is our favourite.

\*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.





## Vindaloo Sloppy Joe

*Once you've had this Sloppy Joe you won't want any other. It has the perfect balance of tangy, spicy, sweet and savory.*

*Traditionally had with Goan pao, a delicious bread roll made with palm toddy instead of yeast.*

**Prep time:** 10 mins • **Active cook time:** 18 mins • **Difficulty:** Easy

### INGREDIENTS:

- 1 jar Masala Mama Vindaloo Sauce
- 4 Hamburger buns or ciabatta rolls
- 1-2 tablespoon ghee or oil, plus extra for coating buns/rolls
- ½ red onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 lb. ground beef

- Heat 1½ tbsp ghee/oil in a large skillet over medium heat. Add onion and peppers and sauté until they begin to soften. Add ground beef and season with salt and pepper, cook until the meat is completely cooked through.
- Add Masala Mama Vindaloo Sauce\* to the skillet and simmer 2-3 minutes. Adjust salt to taste.
- To assemble, spread a little ghee/oil on the rolls and brown them on a griddle or skillet. Spoon a generous amount of the meat mixture onto the bottom roll, and then top with the other half.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Mutton, Beef or Lamb Vindaloo

*A spicy and piquant Goan meat curry made ever so easy with Masala Mama's amazing Vindaloo Simmer sauce, which is tart and spicy with a long finish on the palate. It is so easy and quick in the Instant pot or pressure cooker that you can even make it on a weeknight.*

**Prep time:** 10 mins • **Cook time:** 40 mins • **Difficulty:** Easy

### INGREDIENTS:

1 jar Masala Mama Vindaloo Sauce

1¼ lb. Mutton, lamb or beef, cut into medium cubes

¼ - ½ teaspoon red pepper flakes (optional, for additional heat)

Cilantro, for garnish

- Combine the mutton, beef, or lamb with the Vindaloo sauce\* and red pepper flakes (if using) in an Instant Pot. Rinse out any leftover Vindaloo sauce in the jar with 3 tbsp stock or water, add and mix well.
- Lock the Instant Pot lid in place and move the steam release valve to sealing. Select Manual/pressure cook and cook on high pressure for 30 minutes.
- When cooking is complete, turn the Instant Pot off and allow steam to release naturally for 5 minutes before turning the valve to Vent.
- Once the valve goes down, remove the lid. Skim off any visible fat that is floating on the top.
- The sauce in this dish should wrap around the meat. If it's too thin, select the sauté setting in the Instant Pot and simmer, stirring often until the sauce is thick.
- Adjust salt and pepper to taste, garnish with cilantro and serve hot with a nice crusty bread roll, naan or rice.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Keema Vindaloo

*Keema, which means minced meat, is an immensely popular dish in India. When made with Masala Mama's Vindaloo sauce, it's super easy and delicious as the mince absorbs the flavor of the sauce resulting in a piquant & spicy dish.*

**Prep time:** 10 mins • **Cook time:** 30 minutes • **Difficulty:** Easy

### INGREDIENTS:

2 tbsp oil

1 pound high-quality ground beef, lamb, turkey or quorn

1 potato, peeled and cubed

1 jar Masala Mama Vindaloo Sauce

¼ - ½ tsp red pepper flakes (optional, for additional heat)

1 cup frozen peas, rinsed and drained

Salt to taste

Fresh Cilantro for garnish

- Heat oil in a large heavy bottomed skillet over medium high heat.
- Add the ground meat and cook, stirring and breaking up lumps, till lightly browned, about 5 minutes.
- Add potatoes and cook until lightly browned on some edges, about 5 minutes.
- Add the Vindaloo sauce\*, crushed red pepper if using. Cover the pan and lower the heat to medium and simmer until the meat is cooked, about 10 minutes.
- Add the peas, stir gently, cover and cook till peas are tender, 3-5 minutes.
- Adjust salt to taste, garnish with cilantro and serve hot with rice or naan.\*\*

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

*\*\*I love heating naan on a hot cast iron skillet or directly on the flame till it gets a few brown spots, and topping it with some butter.*



## Instant Pot Pork Vindaloo with Cauliflower Rice

*A classic Goan curry made ever so easy with Masala Mama's amazing Vindaloo Simmer sauce, which is tart and spicy with a long finish. Pork becomes juicy and succulent when cooked with the sauce in the Instant Pot.*

**Prep time:** 10 mins • **Cook time:** 50 mins • **Difficulty:** Easy

### INGREDIENTS:

1 jar Masala Mama Vindaloo Sauce  
1 tablespoon ghee or oil  
1¼ lbs. pork shoulder, cut into 4 pieces  
1 onion, chopped  
½ tsp red pepper flakes (optional, for additional heat)  
Salt and pepper

- Add oil to Instant Pot and select Sauté setting. Once the oil is hot, add the pork and cook until golden brown on each side. Add the onion to the Instant Pot and sauté for an additional 2-3 minutes.
- Cancel the Sauté function on the Instant Pot and add Masala Mama Vindaloo Simmer Sauce\* and red pepper flakes. Stir well and lock the Instant Pot lid in place and turn the steam release valve to Sealing. Select Manual/Pressure Cook and cook on high pressure for 35 minutes.
- When cooking is complete, turn the Instant Pot off and allow steam to release naturally for 5 minutes before turning the valve to Vent. Remove the Instant Pot lid and shred the pork with a pair of forks.
- Adjust salt and pepper to taste and serve with cauliflower rice (see recipe below).

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

# Cauliflower Rice

**Prep time:** 2 mins • **Cook time:** 10 mins • **Difficulty:** Easy

## INGREDIENTS:

1 tablespoon ghee or oil

11 10 oz. bag frozen or fresh riced cauliflower

Juice of 1 lime

Fresh cilantro for garnish

Salt and pepper



- While Vindaloo Pork is cooking, heat oil in a large skillet over medium-high heat. Add the riced cauliflower to the pan. Stir the cauliflower so the oil coats it evenly and season with salt and pepper.
- Cook, stirring a few times, until the cauliflower rice starts to turn lightly golden brown, about 5-8 minutes.
- Squeeze lime over the top of the cauliflower rice and garnish with cilantro to serve.



## Instant Pot Chicken & Sweet Potato Vindaloo Curry

*A classic Goan curry made with chicken and sweet potato. Ever so easy to make with Masala Mama's Vindaloo Simmer sauce.*

**Prep time:** 10 mins • **Cook time:** 50 mins • **Difficulty:** Easy

### INGREDIENTS:

- 1 lb boneless skinless chicken thighs, cut into bite-sized pieces
- 1 medium sweet potato, cubed
- 2 tablespoons ghee or oil
- 1 jar Masala Mama Vindaloo Simmer Sauce
- ½ tsp red pepper flakes (optional, for additional heat)
- Salt and pepper to taste
- Cilantro for garnish

- Add ghee/oil to Instant Pot and select Sauté setting. Once the ghee is hot, add the chicken thighs and sweet potato and cook for 5 minutes, stirring frequently to ensure even cooking.
- Cancel the sauté function and add Vindaloo Simmer Sauce\* and red pepper flakes (if using). Stir well. Lock the Instant Pot lid in place and move the steam release valve to Sealing. Select Manual/Pressure Cook and cook on high pressure for 7 minutes.
- When cooking is complete, turn the Instant Pot off and allow steam to release naturally for 5 minutes before carefully turning the valve to Vent.
- Remove the Instant Pot lid and stir the contents well, adjusting seasoning with salt and pepper to taste. Garnish with cilantro and serve with rice or a nice crusty bread roll.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Fish Vindaloo

*Masala Mama's Vindaloo sauce works really well with fish too. Add some coconut milk to cut the heat (add more if you prefer a milder dish) and to help cook the fish evenly.*

**Prep time:** 5 mins • **Cook time:** 20 mins • **Difficulty:** Easy

### INGREDIENTS:

2 tablespoons olive oil  
½ lb. green beans  
12 cherry tomatoes, sliced in half lengthwise  
1 jar Masala Mama Vindaloo Simmer Sauce\*  
¾ cup coconut milk  
1 lb. Monk fish, or filets of tilapia, halibut, or any other firm fish  
Salt to taste  
Cilantro, for garnish

- In a large saucepan add the green beans and cherry tomatoes, if using, and sauté for a couple of minutes. Add Masala Mama Vindaloo Simmer Sauce\* and coconut milk and simmer until beans are cooked but still a little crunchy, approx. 5 minutes. The sauce should have a nice gravy consistency, if the sauce is too thick add some stock or water.
- Gently add in the fish. Do not stir, rather just shake the pan gently and until the fish is cooked through, about 5 minutes. Adjust salt to taste.
- Garnish with cilantro and serve with rice. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Classic Pork Vindaloo

*This is the easiest way to make the classic curry with Masala Mama's Vindaloo Simmer sauce. Pork becomes fork tender, juicy and succulent when cooked in the oven.*

**Prep time:** 10 mins • **Cook time:** 15 mins  
**Inactive time:** 2hrs • **Difficulty:** Easy

### INGREDIENTS:

1 jar of Masala Mama Vindaloo Sauce  
1 tablespoon oil  
1¼ lb. Pork butt or shoulder, trimmed and cut into approx. 1½ inch cubes  
¼ - ½ teaspoon red pepper flakes (optional, for additional heat)  
Salt to taste

### Directions

- Preheat oven to 325°F.
- Heat oil over medium-high heat in a medium-sized Dutch oven. Add the cubed pork and sear on all sides.
- Add Masala Mama Vindaloo Sauce\* and red pepper flakes and mix well into sauce.
- Cover and place in the oven for 1 hour. Remove from oven, and give it a good stir, if too dry, add 1-2 tablespoons of stock or water. Return to oven and braise until meat is completely fork tender, about 1 more hour. Remove from oven and skim off any visible fat.
- Adjust salt to taste and serve hot with rice or a nice crusty bread roll. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*





## Chickpea Vindaloo Tacos with Carrot Kachoombar

*Easy, healthy and delicious! The combination of the tangy and spicy Vindaloo sauce with chickpeas, cool sour cream, avocados and crunchy carrot slaw is fantastic.*

**Prep time:** 10 mins • **Cook time:** 30 mins • **Difficulty:** Easy

### INGREDIENTS:

1 jar Masala Mama Vindaloo Sauce  
1 16 oz can Chickpeas, rinsed and drained  
¼ - ½ teaspoon crushed red pepper  
Tortillas (great on tortilla chips also)  
1 carrot, grated  
½ small cabbage, thinly sliced (about 1 cup)  
1 bunch fresh cilantro, chopped (about ½ cup)  
½ lime, juiced  
Guacamole or sliced avocados  
Sour cream or vegan yogurt\*, for garnish

- In a medium sized pot, combine chickpeas with Masala Mama Vindaloo Sauce\*\* and crushed red pepper. Simmer over medium heat until thick and coated, 5-7 minutes. Adjust salt to taste.
- Make a simple slaw combining the carrots, cabbage and most of the cilantro with some lime juice, salt and pepper. Slice avocado or make Mama's favorite guacamole.
- Heat your tacos on a hot cast iron skillet, adding a small amount of ghee/butter or olive oil, about 30-40 seconds on each side.
- To assemble, spoon some of the chickpea filling on the tortilla. Add a dollop of sour cream or yogurt. Top with the carrot slaw, avocados and garnish with fresh cilantro.

\* *CocoYo is our favorite.*

\*\**Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

# COCONUT CURRY RECIPES

"I used a 100% Vegan Sauce called Coconut Curry by Masala Mama ...this sauce is OMG delicious."

— Lauren T.





# Eggplant and Chickpea Coconut Curry

*If you are an eggplant lover like me, this delicious vegan coconut curry with chickpeas is super easy, healthy and delicious!*

**Prep time:** 5 mins • **Cook time:** 35 mins • **Difficulty:** Easy

## INGREDIENTS:

1 jar Masala Mama Coconut Curry Simmer Sauce  
2 tablespoons olive oil  
2 Japanese eggplants or 1 large eggplant, cubed (about 2 cups)  
2-3 tomatoes, cubed (about 1 heaping cup)  
1 can chickpeas, rinsed and drained  
1 cup coconut milk  
¼ teaspoon red pepper flakes  
Cilantro to garnish

- Preheat the oven to 375°
- Add the eggplant and the tomatoes to a large bowl and toss with olive oil, a pinch of salt, and generous grind of pepper.
- Place on a lined baking sheet and cook for about 20 minutes.
- In a medium skillet over medium-high heat add roasted eggplant and tomatoes, chickpeas, coconut milk, red pepper flakes, and Masala Mama Coconut Curry Simmer Sauce\* and simmer until all the flavors have melded together and the sauce is warmed through, about 10 minutes.
- Adjust salt to taste, garnish with cilantro, and serve with rice or naan\*\*. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

*\*\*I love heating naan on a hot cast iron skillet or directly on the flame till it gets a few brown spots, and topping it with some butter.*



## Classic Chicken Coconut Curry

*This super easy and sumptuous South Indian style Chicken curry is made with Masala Mama's divine Coconut Curry. Made with a mustard seed 'tadka', a myriad of spices, tamarind paste and coconut milk – it's tangy, creamy and heavenly!*

**Prep time:** 7 mins • **Cook time:** 30 mins • **Difficulty:** Easy

### INGREDIENTS:

- 1 jar Masala Mama Coconut Curry Sauce
- 2 tablespoon oil or ghee
- 1¼ lbs. Chicken thighs (boneless, skinless), cut into bite sized pieces
- ¼ - ½ teaspoon red pepper flakes (optional, for extra heat)
- ¾ cup coconut milk (or more for a creamier, milder sauce)
- Cilantro for garnish
- Salt to taste

- Heat oil in large sauce pan over medium-high heat. Once hot, add the chicken and sear lightly on all sides, about 7 minutes.
- Stir in Masala Mama's Coconut Curry Sauce\*, coconut milk and red pepper flakes. Cover the pan with a lid and simmer for 10-12 minutes, or until the chicken is cooked through.
- The sauce should have a nice pouring consistency similar to heavy cream. If the sauce is too thick, add stock or water 1-2 tablespoons at a time until desired consistency is reached.
- Adjust salt to taste, garnish with cilantro, and serve with rice or naan\*\*. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

*\*\*I love heating naan on a hot cast iron skillet or directly on the flame till it gets a few brown spots, and topping it with some butter.*



## Coconut Curry Mussels

*Zesty and full of flavor, the curry and mussels complement each other and make a subtle yet zingy sauce that is great to dip bread in.*

**Prep time:** 10 mins • **Cook time:** 13 mins • **Difficulty:** Easy

### INGREDIENTS:

- 1 jar Masala Mama Coconut Curry Sauce
- 2 lb. bag of mussels, cleaned
- 2 tbsp butter or olive oil
- 1-2 shallots, sliced (optional)
- 2-3 garlic cloves, sliced
- ½ tsp red pepper flakes (optional, for additional heat)
- ½ cup white wine (or ¼ cup dry vermouth)
- 1 lemon, zested and then cut into wedges
- 1 cup coconut milk
- 1 cup fish/chicken broth
- 1 bunch cilantro, chopped\*
- 1 bunch scallion, chopped\*

- In a large stockpot heat butter or oil over medium-high heat.
- Add shallots, garlic and red pepper flakes. Stir and cook until shallots are transparent and garlic is soft, about 2 to 3 minutes.
- Add wine, lemon zest and 1 tablespoon lemon juice, stir to combine and cook for a couple of minutes.
- Add Masala Mama Coconut curry sauce, ¾ cup coconut milk and ¾ cup fish or chicken broth. Bring to simmer.
- Add the cleaned mussels to the pot, gently stir, cover and cook until mussels are opened, about 5-7 minutes. Do not overcook as the mussels will become rubbery.
- Adjust seasoning with salt, pepper and lemon juice. Add more coconut milk or stock if needed.
- Garnish with cilantro\* and scallions\*. Serve immediately with seared sourdough bread or baguette and lemon wedges on the side.

*\* You can use mixed herbs such as basil, mint and parsley. You can also use chives instead of scallions.*



## Coconut Curry With Shrimp & Chickpeas

*This dish is for chickpea lovers, and so delicious and easy to make. I love serving it with a wedge of lime, for an extra burst of freshness!*

**Prep time:** 15 mins • **Cook time:** 35 mins • **Difficulty:** Medium

### INGREDIENTS:

- 1 jar Masala Mama Coconut Curry Simmer Sauce
- 1 lb shrimp, peeled and deveined
- 1 tablespoon oil or ghee
- 1 cup chickpeas, drained and rinsed
- 1 onion, chopped
- 1 red pepper, chopped
- 1 cup coconut milk (or more for a creamier – milder curry)
- ½ teaspoon red pepper flakes (optional, for extra heat)
- 1 lime, cut into wedges
- Salt to taste

- Heat the ghee in a large skillet over medium heat. Add the onion and pepper to the pan and sauté for 5 - 7 minutes or until the veggies are soft.
- Season the shrimp with salt and pepper and add to the skillet. Cook for 1 - 2 minutes on each side.
- Stir in chickpeas, Masala Mama Coconut Curry Simmer Sauce\*, coconut milk, and red pepper flakes and bring to a quick simmer.
- Adjust salt to taste, garnish with cilantro, a squeeze of lime juice and serve with rice or naan. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Use 2 tbsp stock or water to rinse out any remaining sauce in the jar and add.*



## Coconut Curry with Vegetables & Tofu

*This delicious Vegan Coconut Curry transports you to the moonlit beaches of Goa - a magical area on the coast of Western India that was once a Portuguese colony. The combination of spices, tamarind and coconut milk gives this sauce its unique and amazing taste. Fantastic with vegetables and tofu.*

**Prep time:** 5 mins • **Cook time:** 35 mins • **Difficulty:** Easy

### INGREDIENTS:

1 jar Masala Mama Coconut Curry Simmer Sauce  
2 tablespoons olive oil or coconut oil  
1¼ lb. Mixed vegetables (such as cauliflower, carrot, beans, mushrooms) and tofu cut into bite size pieces  
¾ cup coconut milk (or more for a creamier curry)  
¼ - ½ tsp red pepper flakes (optional, for additional heat)  
Salt to taste

- Heat oil in large sauté pan over medium-high heat. Once hot, add the mixed vegetables and tofu and cook, stirring often, until lightly seared, about 7 minutes.
- Stir in Masala Mama Coconut Curry sauce\*, Coconut milk and red pepper flakes. Cover the pan with a lid and simmer until vegetables are cooked but still have a bite, about 10 minutes.
- Adjust salt to taste, and serve with rice. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Use 2 tbsp stock or water to rinse out any remaining sauce in the jar and add.*



## Coconut Egg Curry

*We love a hard boiled egg curry in India. You can actually make an egg curry or a potato & egg curry with any of the Masala Mama sauces. This version with Coconut Curry is one that I made when I was craving a more South Indian style curry.*

**Prep time:** 5 mins • **Cook time:** 20 mins • **Difficulty:** Easy

### INGREDIENTS:

1 jar Masala Mama Coconut Curry Sauce

2 tablespoons of oil or ghee

6 eggs, hard-boiled and peeled (see [How to make perfect hard-boiled eggs](#))

½ cup coconut milk (or more for a creamier, milder sauce)

½ teaspoon red pepper flakes (optional, for extra heat)

Cilantro for garnish

Salt to taste

- With a fork or knife, gently pierce each egg a few times.
- Heat oil in a medium saucepan over medium-high heat. Add the eggs and sauté for a couple of minutes until some of the sides are golden brown.
- Stir in Masala Mama Coconut Curry Sauce\*, Coconut milk, and red pepper flakes and simmer for 5 minutes.
- Adjust salt to taste, garnish with cilantro and serve with rice, naan or a nice crusty bread. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Use 2 tbsp stock or water to rinse out any remaining sauce in the jar and add.*





## Coconut Curry Shrimp

*This irresistible Coconut Curry is hands down my favorite. It instantly transports me to a shack on a moonlit beach in Goa. Cooking doesn't get any easier than this. Have with a chilled beer and you're in heaven!*

**Prep time:** 5 mins • **Cook time:** 12 mins • **Difficulty:** Easy

### INGREDIENTS:

1 jar Masala Mama Coconut Curry Simmer Sauce  
1 lb. peeled and deveined shrimp, (thawed, if using frozen)  
 $\frac{3}{4}$  cup coconut milk (more for a creamier curry)  
 $\frac{1}{4}$  -  $\frac{1}{2}$  tsp red pepper flakes (optional, for additional heat)  
Cilantro, for garnish  
Salt to taste

- In a sauce pan combine Masala Mama's Coconut Curry sauce\* with coconut milk, shrimp and red pepper flakes. Simmer until the shrimp is completely cooked, about 10 minutes.
- Heat oil in a medium saucepan over medium-high heat. Add the eggs and sauté for a couple of minutes until some of the sides are golden brown.
- Adjust salt to taste, garnish with fresh cilantro and serve with crusty bread, or rice. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Use 2 tbsp stock or water to rinse out any remaining sauce in the jar and add.*

*TIP: This also works well with fish, squid, or mussels.*



## Green Bean Coconut Curry

*I love making this dish with a variety of snap beans and garnishing with aromatics such as lemon zest, crushed peanuts, cilantro and mint.*

**Prep time:** 5 mins • **Cook time:** 20 mins • **Difficulty:** Easy

### INGREDIENTS:

- 1 jar Masala Mama Coconut Curry Simmer Sauce
- 2 tablespoons olive oil
- ¼ teaspoon red pepper flakes
- 1¼ lbs. mixed snap beans (such as green beans, wax beans, haricots verts, or Romano beans), trimmed
- ½ cup coconut milk
- 1 teaspoon grated lime zest
- 3 tablespoons fresh lime juice
- 1/3 cup roasted salted peanuts, coarsely chopped
- 1/3 cup cilantro and mint, coarsely chopped

- Heat oil in a medium skillet over medium-high heat.
- Add red pepper flakes, beans, and a good grind of freshly ground black pepper and cook until slightly softened, about 2 minutes.
- Add coconut milk and Masala Mama Coconut Curry Simmer Sauce\* and simmer until the sauce is warmed through.
- Add in lime juice and zest and stir.
- Adjust salt to taste, garnish with peanuts and herbs and serve with rice or naan\*\*. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

*\*\*I love heating naan on a hot cast iron skillet or directly on the flame till it gets a few brown spots, and topping it with some butter.*



## Instant Pot Chicken & Sweet Potato Coconut Curry

*Sweet potato is my favorite superfood. It's fantastic with chicken in Masala Mama's lip smacking coconut curry and so easy when cooked in the instant pot. Make rice, pour a glass of wine and dinner is ready!*

**Prep time:** 10 mins • **Cook time:** 22 mins • **Difficulty:** Easy

### INGREDIENTS:

1 jar Masala Mama Coconut Curry Simmer Sauce  
2 tablespoons ghee or oil  
1 lb. boneless skinless chicken thighs, cut into bite-sized pieces  
2 medium sweet potatoes, cubed  
1 onion, chopped  
1 cup coconut cream/milk  
Fresh cilantro for garnish  
Salt and pepper to taste

- Add oil to Instant Pot and select Sauté setting. Once the oil is hot, add the chicken thighs, sweet potato and onion and cook for 5 minutes, stirring frequently to ensure even cooking
- Cancel the Sauté function and add Masala Mama Coconut Curry Simmer Sauce\* and the coconut cream to the pot and stir well. Lock the Instant Pot lid in place and move the steam release valve to Sealing. Select Manual/Pressure Cook and cook on high pressure for 7 minutes.
- When cooking is complete, turn the Instant Pot off and allow steam to release naturally for 5 minutes before carefully turning the valve to Vent. Remove the Instant Pot lid and stir the contents well.
- Add in lime juice and zest and stir.
- Adjust salt and pepper to taste, garnish with cilantro, and serve with rice or Indian Naan.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Kuku Paka (East African Chicken)

*An East African dish that has Arabic and Indian influences, creamy from the coconut milk, spiced with green chilies and sour from lemon and tamarind.*

**Prep time:** 10 mins • **Cook time:** 40 mins

**Inactive time:** 2-6 hours • **Difficulty:** Medium

### **INGREDIENTS:**

1½ lbs chicken drumsticks, trimmed

#### Marinade:

2 plum tomatoes

1 small onion or large shallot

4 cloves of garlic

1½" ginger, peeled

4 – 6 green chilies (approx. 1 jalapeno or 2 serrano peppers)\*

2 tbsp oil

1 tsp salt

#### Sauce:

1 jar Masala Mama Coconut Curry

1 – 1½ cup coconut milk

¼ - ½ cup chicken stock

2 lemons/limes

Fresh cilantro for garnish

Salt to taste

- Score each chicken piece in 2 or 3 places, slicing about a half-inch into the meat.
- In a food processor, combine and puree tomatoes, onion, garlic, ginger, green chilies. Mix in salt and oil.
- Put the chicken pieces into a large zip-lock bag and add the marinade. Seal the bag and give the chicken a bit of gentle massage, rubbing the marinade into the cuts and under the skin. Refrigerate for at least 2 hours.
- Once marinated, remove the chicken from the marinade, saving the marinade and grill chicken, turning over as needed until chicken is well colored, charred and cooked through.
- Meanwhile add the saved marinade to a large pot and cook until most of the water has evaporated and the marinade is cooked, about 10-15 minutes. Add Masala Mama Coconut Curry\*, 1 cup of coconut milk and ¼ cup chicken stock
- Add the grilled chicken, bring to a simmer and cook, shaking the pan every once in a while, until the flavors have melded, about 10 minutes.
- Add more chicken stock if too thick and adjust coconut milk and salt to taste. Just before serving, add a generous squeeze of lemon juice, garnish with fresh cilantro and some lemon/lime wedges.
- Garnish with cilantro and some lemon/lime wedges. Serve with rice, naan or nice crusty bread.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

# Moqueca (Brazilian Coconut Curry Fish Stew)

*This stew is as flavourful as it is exotic sounding. Super easy with Masala Mama's Coconut Curry Sauce, it's a little spicy, zesty and simply amazing!*

**Prep time:** 15 mins • **Cook time:** 30 mins • **Difficulty:** Easy

## INGREDIENTS:

- 1 ½ pounds firm white fish- Halibut, Black Cod, Sea Bass
- 1 jar Masala Mama Coconut Curry Sauce
- 2-3 tablespoons coconut or olive oil
- 1 red bell pepper, sliced
- ½ tsp red pepper flakes
- ¾ cup canned crushed tomatoes
- 1 cup coconut milk (more for a creamier sauce)
- 3-4 Scallions, white and green separated, thinly sliced
- 1-2 lime, zest and juice
- Cilantro for garnish
- Salt and pepper to taste



- Mix fish with 2 tbsp lime juice, salt and pepper. Cover and keep aside.
- Heat oil in a large sauce pan. Add sliced bell pepper, red pepper flakes and some salt and cook until soft, about 5 minutes.
- Add crushed tomatoes, the white part of the scallion and half the cilantro. Bring to a simmer and cook another 5-7 minutes.
- Add Masala Mama Coconut Curry sauce\* and coconut milk and mix well.
- Gently add the fish, some salt and pepper. Shake the pot to mix so as not to break up the fish. Bring to a simmer, reduce heat and let it cook for another 10 -15 minutes until the fish is cooked through. Add some stock or water if too thick.
- Adjust seasoning, red pepper flakes and lime juice. Garnish with lime zest, cilantro and scallions. Serve with rice and lime wedges.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Vegetable Coconut Curry

*Whenever I'm craving a ton of vegetables, this is my favorite dish. It's perfect for summer when I don't want to spend a lot of time in the kitchen. It's easy healthy and delicious, what more could you want?*

**Prep time:** 15 mins • **Cook time:** 20 mins • **Difficulty:** Easy

### INGREDIENTS:

- 1 jar Masala Mama Coconut Curry Simmer Sauce
- 2 tablespoons ghee or oil
- 2 waxy white potatoes, such as Yukon Gold, washed, peeled, and chopped
- 2 medium carrots, peeled and chopped
- 1 red bell pepper, chopped
- ½ head of cauliflower, cut into florets
- 1 cup coconut milk (more for a creamier curry)
- ½ teaspoon red pepper flakes (optional, for additional heat)
- 1 cup french green beans, ends trimmed and cut into 1 inch pieces
- Salt to taste

- Heat oil over medium-heat in a large skillet. Add the potatoes, carrots, red pepper, and cauliflower. Sauté for about 5 minutes or until the vegetables begin to soften.
- Stir in the Coconut Curry Simmer Sauce\*, coconut milk, and red pepper flakes. Cover the skillet with a lid and simmer for 10 minutes or until the veggies are tender. Add the green beans and cook for another couple of minutes, until they are cooked but still crunchy.
- Adjust salt to taste and serve with rice or Indian Naan. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

# KORMA RECIPES

“Masala Mama has inspired my kitchen! I love having jars of MM sauce on hand - I like the extra rich Korma the best - so versatile, easy and delicious!”

— Peg B.







## Instant Pot Chicken, Leek & Potato Korma

*This is the ultimate comfort curry and quick weeknight meal. I love the combination of the delicate and slightly sweet leeks with potatoes and chicken.*

**Prep time:** 10 mins • **Cook time:** 20 mins • **Difficulty:** Easy

### INGREDIENTS:

- 1 jar Masala Mama Korma sauce
- 2 tablespoons ghee or oil
- 1¼ lb chicken thighs (boneless, skinless), cut into bite sized pieces
- 1 medium potatoes, peeled and cubed
- 1 leek (white part only), sliced
- ½ cup coconut milk (more for a creamier curry)
- Red pepper flakes, for garnish (optional)
- Cilantro for garnish

- Add oil to Instant Pot and select Sauté setting. Once the oil is hot, add the chicken, potato, and leek and cook for 5 minutes, stirring frequently to ensure even cooking.
- Cancel the sauté function on the Instant pot and add the Korma sauce\* and coconut milk, stir and lock the instant pot lid in place and move the steam release valve to sealing. Select Manual/Pressure Cook and cook on high pressure for 7 minutes.
- When cooking is complete, turn the Instant Pot off and allow steam to release naturally for 5 minutes before carefully turning the valve to Vent.
- Remove the Instant Pot lid and stir the contents well.
- Adjust salt to taste, garnish with cilantro and red pepper flakes and serve with rice or naan.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*

*TIP: Heat naan on a hot cast iron skillet or directly on the flame till it gets a few brown spots, and top it with some butter.*



## Fish Korma

*Masala Mama's delectable and velvety Korma sauce is so damn good with fish. I love it with a South Indian tadka of mustard seeds and curry leaves. Basil or bay leaves would be a decent substitute if you can't find curry leaves.*

**Prep time:** 5 mins • **Cook time:** 15 mins • **Difficulty:** Easy

### INGREDIENTS:

- 1 jar Masala Mama Korma Sauce
- 2 tablespoons olive or coconut oil
- ½ tsp mustard seeds
- 10-15 curry leaves (optional)
- 1-2 dry red chilies (broken for more heat, or left whole for less)
- 1¼ lb firm fish fillets (cod, seabass or salmon), cut into 8 pieces
- ¼ cup coconut cream (more for a creamier sauce)

- Heat oil in a medium-sized skillet over medium-high heat until it is hot and shimmering. Add mustard seeds, they should pop almost immediately.
- Add curry leaves and red chili. Cook for about 30 seconds, until the chilies get darker.
- Add the fish and cook for a couple of minutes.
- Add Masala Mama Korma Sauce\* and coconut milk or cream. Reduce heat to medium and simmer until fish is cooked through. Do not stir, just shake the pan gently to mix.
- Adjust salt to taste, and serve with rice or naan. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Instant Pot Shahi Lamb Korma

*Lamb or Mutton Shahi Korma is one of the most traditional curries with its roots in Mughal dynasty. Traditionally it's cooked for hours, but is quick and easy in the instant pot or pressure cooker. This Shahi (royal) dish is rich, creamy and utterly delicious.*

**Prep time:** 10 mins • **Cook time:** 50 mins • **Difficulty:** Easy

### INGREDIENTS:

- 1 jar Masala Mama Korma Sauce
- 2 tablespoons ghee or oil
- 1¼ lbs. lamb or mutton\*, bone-in is tastier
- 1 onion, chopped (optional)
- ¼ teaspoon red chili flakes (optional, more for additional heat)
- ¾ cup coconut milk or nut milk (more for creamier sauce)
- 2-3 tbsp almond/cashew butter
- ¼ cup roasted pine nuts or sliced almonds for garnish

- Heat oil in Instant Pot by selecting the sauté setting. Add lamb and cook until meat is golden brown on each side. Add onion and red chili flakes and cook for an additional 2-3 minutes.
- Cancel the sauté function on the Instant Pot and add the Korma sauce\*, coconut milk/nut milk and nut butter and stir well. Lock the Instant Pot lid in place and move the steam release valve to sealing. Select Manual/pressure cook and cook on high pressure for 30 minutes.
- When cooking is complete, turn the instant pot off and allow steam to release naturally for 5 minutes before turning the valve to vent. The lamb should be fork tender.
- Mix well and adjust salt to taste. Garnish with pine nuts or almonds and serve with rice or naan. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*Shoulder cut is the most succulent, shanks are also great if you like marrow; you can also use a combination of cuts.*

*\*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Roasted Cauliflower Steaks Korma with Nuts & Raisins

*This dish tastes as delicious as it looks. The combination of the charred roasted cauliflower with the Korma sauce is unbeatable. Garnished with nuts and raisins makes this royal dish super special.*

**Prep time:** 10 mins • **Cook time:** 45 minutes • **Difficulty:** Easy

### INGREDIENTS:

- 1 large head of cauliflower, cut vertically into ½-inch thick steaks
- 4 tablespoons olive oil
- A handful of raisins or currants
- A handful of sliced almonds
- 1 jar Masala Mama Korma Simmer Sauce
- 4 tablespoons nut butter (cashew or almond)
- ½ cup stock or water
- Salt and pepper to taste

- Preheat the oven to 400°F and line a baking sheet with parchment paper.
- To cut the cauliflower into planks or steaks: Trim the stem enough so that it rests flat on the chopping board. Slice into 1/2" thick steaks. You will get a couple of steaks and a bunch of florets, which is great. Add 3 tbsp. of oil, 1 tsp. salt, pepper and mix gently.
- Place them in a single layer on the lined baking sheet. Roast for 30 to 40 minutes, until tender and nicely browned in places. Check once in 20 minutes, I like to move the florets around and flip some so that they get evenly roasted.
- Meanwhile, heat the balance 1 tbsp oil in a small saucepan over medium heat, add the raisins and sliced almonds. Stir-fry until the raisins start to puff up and the almonds turn golden brown. Remove on a small plate and save for garnish.
- In the same pan combine the Korma sauce\* with nut butter and some stock or water and simmer for 5 minutes.
- To assemble: Pour the heated sauce on a serving platter. Lay the cauliflower steaks over it, garnish with the fried nuts and raisins and serve with rice or naan.

*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Saag Paneer with Masala Mama Korma sauce

*This is my super healthy, nutritious dish made with a ton of spinach. It's velvety in texture and totally delicious.*

**Prep time:** 10 mins • **Cook time:** 15 mins • **Difficulty:** Easy

### INGREDIENTS:

2 bunches spinach or mixed greens\* (about 1 lb), trimmed and washed well

1-2 green chillies or serrano peppers, chopped (optional, for additional heat)

2 tbsp oil

6 oz. paneer, cubed

1 jar Masala Mama Korma Sauce

Salt and pepper to taste

- Add the spinach to a large covered pot, add a couple of tbsp of water, cover and cook until completely wilted and soft.
- Meanwhile put ice and water in a large mixing bowl. Once the spinach is wilted, dunk it in the ice water to maintain the bright green color.
- Drain and puree in a blender or food processor. Pureeing in a blender will result in a smoother mixture. Keep aside.
- Add 2 tbsp oil to a large pan on medium high heat.
- Once hot add the paneer cubes and fry till light brown on some sides.
- Add pureed spinach and Korma sauce\*\*. Cook until it's mixed well and hot. Taste and adjust salt and pepper.
- Serve with rice or naan. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

*\*You can add arugula, mustard greens, or even some broccoli to the spinach.*

*\*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.*



## Shahi Paneer & Spinach Korma

*Shahi (royal) dishes have their origins in the royal kitchens of the Mughals. The curry is a divine combination of onions, spices, nuts and cream. While it can be made with meat, I used paneer and added spinach to make this dish a little more vibrant and nut butter to make it Shahi. If you don't have access to paneer, substitute haloumi cheese, it's great.*

**Prep time:** 5 mins • **Cook time:** 15 mins • **Difficulty:** Easy

### INGREDIENTS:

1 jar Masala Mama Korma sauce  
2 tablespoons ghee or oil  
6 oz. Paneer, cubed  
¼ lb or 4 oz spinach\*, coarsely chopped  
½ cup coconut milk (add more for a creamier sauce)  
2 tbsp almond/cashew butter  
¼ - ½ tsp red pepper flakes  
Salt to taste

- Heat oil in a medium-sized sauce pan over medium-high heat. Add paneer and gently sear until lightly brown on the sides, approximately 3-5 minutes.
- Stir in Masala Mama Korma sauce\*\*, Coconut milk, nut butter, spinach and red pepper flakes.
- Simmer until paneer is heated through and the spinach has wilted.
- Add stock or water if too thick.
- Adjust salt to taste, garnish with sliced almonds and serve with rice or naan. [Here's a recipe](#) for Mama's Perfect Basmati Rice.

\*You can use baby spinach also.

\*\*Use 2 tablespoons of stock or water to rinse out any remaining sauce in the jar and add.