



UCCOOK

Indian-style Nachos

with cheese, poppadoms & spiced lentils

Get ready to experience the flavours of Indian-inspired cuisine combined with the textures of a nacho bowl. Crispy poppadoms mingling with lush spiced lentils, held together with golden melted cheese and dolloped with coriander & hemp infused yoghurt. Yes please.


Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Vegetarian

 Anthonij Rupert | L'Ormarins Brut Classique
Rosé NV

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Ingredients & Prep

1	Onion <i>½ peeled & finely sliced</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
15ml	NOMU Tandoori Rub
120g	Lentils <i>drained & rinsed</i>
1	Plum Tomato <i>diced</i>
50g	Spinach <i>rinsed & roughly shredded</i>
2	Poppadoms
50g	Grated Mozzarella & Cheddar Cheese Mix
15ml	Coriander & Hemp Pesto
1	Lemon <i>½ zested & cut into wedges</i>
50ml	Plain Yoghurt
4g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. PREP THE DHAL! Preheat the oven to 200°C. Place a pot over a medium heat with a drizzle of oil. Add the onion, ¾ of the sliced chilli and the Tandoori rub to taste, and fry for about 3-4 minutes until the onions are soft and translucent. Add the drained lentils, the diced tomatoes and 20ml of water and bring to a boil. Reduce the heat to low and simmer until thickening for 10-15 minutes. Add more water if it starts to dry out. In the final 1-2 minutes add in the spinach to wilt. Season and add a sweetener of choice to taste.

2. POPP-ADOMS... Place a clean pan over a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time for 30 seconds per side. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up. On completion, gently break into quarters. Set aside.

3. MELTING MOMENT! Spread out the tomato and lentil dhal in an even layer in an ovenproof dish and scatter over the grated cheese mix. Pop in the oven for 6-7 minutes until the cheese has melted and started bubbling.

4. DOLLOPING DELIGHT In a bowl, combine the coriander & hemp pesto, lemon zest and the yoghurt. Season to taste and set aside for serving.

5. A FUSION FEAST! Pile on the delicious dhal and surround with the poppadom “nachos” for scooping it up. Garnish with some fresh coriander, any remaining chilli, and dollops of pesto yoghurt. Serve with any remaining lemon wedges. Eat it while it's hot!



Chef's Tip

If you prefer, you can cook the poppadoms in the microwave for 10-second bursts, keeping a close eye on them.

Nutritional Information

Per 100g

Energy	548kJ
Energy	131Kcal
Protein	8.6g
Carbs	15g
of which sugars	3g
Fibre	5.2g
Fat	4.2g
of which saturated	1.8g
Sodium	402mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within
4 Days