



# UCOOK

## Loaded Indian Naan Bread

with spiced butternut & mint yoghurt

A buttery pan-fried naan bread, smothered in silky spinach purée, topped with roasted butternut, spiced crispy chickpeas, pickled red onion and dollops of mint yoghurt. Delish!

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**Hands-On Time:** 30 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Alex Levett

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 Vegetarian

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 Anthonij Rupert | Cape of Good Hope  
Riebeeksrivier Chenin Blanc

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## Ingredients & Prep

1kg	Butternut Chunks <i>cut into bite-sized pieces</i>
80ml	NOMU Indian Rub
480g	Chickpeas <i>drained &amp; rinsed</i>
40ml	Red Wine Vinegar
2	Red Onions <i>peeled &amp; finely sliced</i>
250ml	Plain Yoghurt
10g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>
4	Garlic Cloves <i>peeled &amp; grated</i>
250ml	Fresh Cream
400g	Spinach <i>rinsed &amp; roughly shredded</i>
4	Naan Breads

## From Your Kitchen

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

**1. LET'S GO!** Preheat the oven to 200°C. Place the butternut chunks on a roasting tray. Coat in oil, ½ the Indian rub (to taste) and some seasoning. Roast in the hot oven for 35-40 minutes. On a separate roasting tray, place the drained chickpeas. Coat in oil, the remaining rub and some seasoning. Set aside.

**2. IN A PICKLE** In a bowl, combine the red wine vinegar, 120ml of water, 1 tbsp of a sweetener of choice and a pinch of salt. Mix until the sweetener has fully dissolved. Add the sliced red onion and toss until coated. Set aside to pickle. In a separate bowl, add the yoghurt, ½ the chopped mint, and seasoning. Mix until combined.

**3. CHICKPEAS** When the butternut is halfway, give them a shift and pop the tray of dressed chickpeas into the hot oven and roast for the remaining time. On completion, the butternut should be cooked through and the chickpeas crispy and golden.

**4. SPINACH PURÉE** Boil the kettle. Place a pan over a medium heat with a drizzle of oil. When hot, add the grated garlic and fry for 1 minute until fragrant, shifting constantly. Stir in the cream until heated through. Remove from the heat. Place the shredded spinach in a bowl, submerge in boiling water, and allow to sit for 1 minute. Drain and run under cold water to stop the cooking process. Squeeze out the excess water with paper towel. Place in a blender with the cream sauce and blend until smooth. Season and cover to keep warm.

**5. GOLDEN NAAN** Return the pan, wiped down, to a medium heat with a drizzle of oil and a knob of butter. When hot, toast the naan bread for 1-2 minutes per side until golden brown. You may need to do this step in batches, adding more oil and butter between batches. Drain the pickling liquid from the onions.

**6. FLATBREAD TIME!** Plate up the toasted naan bread, and spread on the spinach purée. Top with the spiced roasted butternut and chickpeas. Dollop on the mint yoghurt and garnish with the pickled onions (to taste) and remaining mint. Yummy!



## Chef's Tip

Add a splash of the pickling liquid to the mint yoghurt to balance the flavours. Save the remaining pickling liquid for your next round of pickled veg.

## Nutritional Information

Per 100g

Energy	521kj
Energy	125Kcal
Protein	4g
Carbs	16g
of which sugars	2.4g
Fibre	2.9g
Fat	4g
of which saturated	2.1g
Sodium	290mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 1  
Day