



UCCOOK

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!


Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 Vegetarian

 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Chenin Blanc

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Ingredients & Prep

| | |
|------|-----------------------------------------------------------|
| 250g | Butternut Chunks <i>cut into bite-sized pieces</i> |
| 20ml | NOMU Indian Rub |
| 120g | Chickpeas <i>drained & rinsed</i> |
| 10ml | Red Wine Vinegar |
| 1 | Red Onion <i>½ peeled & finely sliced</i> |
| 65ml | Plain Yoghurt |
| 3g | Fresh Mint <i>rinsed, picked & roughly chopped</i> |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 65ml | Fresh Cream |
| 100g | Spinach <i>rinsed & roughly shredded</i> |
| 1 | Naan Bread |

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 half of a roasting tray. Coat in oil, ½ the Indian rub (to taste) and some seasoning. Roast in the hot oven for 25-30 minutes. In a bowl, add the drained chickpeas, a drizzle of oil and the remaining rub. Toss until coated. Set aside.

2. IN A PICKLE In a bowl, combine the red wine vinegar, 30ml of water, ½ tsp 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 add the dressed chickpeas to the other half of the tray 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. 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