



UCOOK

Masala Baked Beans & Mint Chutney

with roasted butternut & soft roti's

Oven-roasted butternut is folded into a beautiful blend of Spice and All Things Nice Korma Curry Paste, fresh chilli, garlic, tomato paste, cannellini beans & creamy Buttanut Macadamia yoghurt. Served with a mint chutney made with lime juice-infused honey and pan-toasted rotis.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jenna Peoples

Veggie

Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	Onion <i>peel & finely slice</i>
15ml	Spice & All Things Nice Korma Curry Paste
1	Fresh Chilli <i>deseed & finely chop</i>
1	Garlic Clove <i>peel & grate</i>
10ml	Tomato Paste
120g	Cannellini Beans <i>drain & rinse</i>
200g	Cooked Chopped Tomato
100ml	Buttanut Macadamia Nut Yoghurt
5g	Fresh Mint <i>rinse & finely chop</i>
10ml	Tangy Honey <i>(5ml Lime Juice & 5ml Honey)</i>
2	Rotis

From Your Kitchen

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

1. GOLDEN BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. HURRY WITH THE CURRY Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 3-4 minutes (shifting occasionally). Add the Korma curry paste, the chopped chillies (to taste), the grated garlic, and the tomato paste and fry until fragrant, 2-3 minutes. Add in the rinsed cannellini beans, the cooked chopped tomatoes and 100ml of water. Season and allow to simmer for 8-10 minutes until slightly thickened. Once complete, mix through $\frac{1}{2}$ the macadamia yoghurt and a sweetener (to taste). Gently mix in the cooked butternut.

3. PREP STEP In a bowl, combine the chopped mint and the tangy honey. Mix to combine and season. In a separate bowl, loosen the remaining macadamia yoghurt with water, in 5ml increments, until drizzling consistency.

4. WARM ROTIS Just before serving, place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

5. SAVOUR THE FLAVOUR Dish up a generous helping of the masala baked beans. Top with a dollop of the macadamia yoghurt, followed by a drizzle of the mint chutney and side with the warm rotis. Tuck in and enjoy, Chef!

Nutritional Information

Per 100g

Energy	407kJ
Energy	97kcal
Protein	2.8g
Carbs	17g
of which sugars	4.2g
Fibre	2.4g
Fat	1.9g
of which saturated	0.3g
Sodium	208mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Eat
Within
4 Days