

UCOOK

Vegetarian Creamed Corn Rotis

with fresh coriander & crispy onions

This dish was a fast-favourite at HQ; and how could it not be with silken cocktail rotis piled high with coconut-creamed corn fried with chilli, garlic, ginger, lentils, and quinoa. We're serious when we say that these spring onion-topped, fresh coriander-sprinkled flavour blasts will have you salivating for more!


Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Thea Richter

 Fan Faves

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"Desert Rose" Sauvignon blanc

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Ingredients & Prep

250ml	Lentil & Quinoa Mix <i>(125ml White Quinoa & 125ml Dry Red Lentils)</i>
30ml	Golden Stock <i>(10ml Ground Turmeric & 20ml Vegetable Stock)</i>
400g	Corn
4	Garlic Cloves <i>peel & grate</i>
60g	Fresh Ginger <i>peel & grate</i>
2	Fresh Chillies <i>rinse, deseed & finely chop</i>
2	Spring Onions <i>rinse & finely slice, keeping the white & green parts separate</i>
400ml	Coconut Milk
16	Rotis
2	Lemons <i>rinse, zest & cut into wedges</i>
125ml	Crispy Onion Bits
10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. GOLDEN GRAINS Rinse the quinoa & lentil mix. Place the rinsed quinoa & lentil mix and the golden stock in a pot with 800ml of water. Cover and bring to a simmer over medium-high heat. Cook until the quinoa's tails have popped out and the red lentils are soft, 12-15 minutes. Add more water during cooking, if required. Drain (if necessary) and return to the pot. Set aside to steam, 5 minutes.

2. DREAMY CREAMY CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until it starts to brown, 5-6 minutes. Add the grated garlic, the grated ginger, the chopped chilli (to taste), and the spring onion whites, and fry until fragrant, 2-3 minutes (shifting constantly). Mix in the coconut milk and 25ml of water, and stir until combined. Lower the heat and simmer until slightly reduced, 5-7 minutes. Remove from the heat, place in a bowl, season, and cover.

3. TOASTY ROTIS Return the pan, wiped down, to 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.

4. ALMOST THERE... When the quinoa and lentils are done, add the creamed corn, the lemon zest (to taste), and seasoning to the pot. Mix until fully combined.

5. TIME TO DINE Lay down the warm rotis and pile on the creamed corn and grain mix. Top with the crispy onions, the spring onion greens, the chopped coriander, and a squeeze of lemon juice. Serve with any remaining lemon wedges. Get stuck in, Chef!

Nutritional Information

Per 100g

Energy	722kj
Energy	173kcal
Protein	4.7g
Carbs	27g
of which sugars	3.5g
Fibre	3.2g
Fat	5.6g
of which saturated	3g
Sodium	248mg

Allergens

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

Cook
within
4 Days