



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: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Jenna Peoples

Veggie

Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

| | |
|-------|---|
| 500g | Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i> |
| 1 | Onion <i>peel & finely slice</i> |
| 30ml | Spice & All Things Nice Korma Curry Paste |
| 1 | Fresh Chilli <i>deseed & finely chop</i> |
| 2 | Garlic Cloves <i>peel & grate</i> |
| 20ml | Tomato Paste |
| 240g | Cannellini Beans <i>drain & rinse</i> |
| 400g | Cooked Chopped Tomato |
| 200ml | Buttanut Macadamia Nut Yoghurt |
| 10g | Fresh Mint <i>rinse & finely chop</i> |
| 20ml | Tangy Honey <i>(10ml Lime Juice & 10ml Honey)</i> |
| 4 | 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 200ml 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