

QCOOK

Bunny Chow-style Durban Curry

with Spice & All Things Nice Durban Curry Paste

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Melck's-Blended Red



Nutritional Info

	Per 100g	Per Portion
Energy	478kJ	3503kJ
Energy	115kcal	841kcal
Protein	4g	29g
Carbs	20g	149g
of which sugars	4g	27g
Fibre	2g	17g
Fat	1g	9g
of which saturated	0g	3g
Sodium	183mg	4000mg

Allergens: Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & finely slice</i>
300g	400g	Butternut Chunks <i>cut into bite-sized pieces</i>
45ml	60ml	Spice & All Things Nice Durban Curry Paste
2	2	Garlic Cloves <i>peel & grate</i>
300g	400g	Cooked Chopped Tomato
180g	240g	Chickpeas <i>drain & rinse</i>
180g	240g	Butter Beans <i>drain & rinse</i>
6	8	Burger Buns
125ml	160ml	ButtaNutt Coconut Yoghurt
8g	10g	Fresh Coriander <i>rinse, pick & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. CURRY Place a pot over medium heat with a drizzle of oil. When hot, fry the onion and the butternut until browned, 10-12 minutes. Add the curry paste (to taste) and the garlic, and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato and 600ml [800ml] of water. Simmer gently until thickened and the butternut is cooked through, 20-25 minutes. In the final 6-8 minutes, add the chickpeas and the beans. Remove from the heat, add a sweetener (to taste) and seasoning.

2. BUN Microwave the buns until soft, 10-15 seconds. Place the buns down on a board and cut a circle into the tops, 2cm from the edges. Using your hands, pull out the bread from within the circle you've cut until hollowed out.

3. TOAST Toss the bread pieces in a drizzle of olive oil and seasoning. Place a pan over medium heat. When hot, toast the bread until crispy, 3-4 minutes (shifting occasionally). Remove from the pan.

4. JUST BEFORE SERVING In a small bowl, combine the yoghurt and ½ of the coriander.

5. BEST BUNNY CHOW EVER Plate up the hollowed out buns and generously fill with the curry, top with dollops of coriander-yoghurt, and scatter over the toasted bread pieces for dipping. Finish with a garnish of the remaining coriander. Dig in, Chef!