



# UCOOK

## Opulent Tandoori Nachos

with cheese, poppadom & spiced lentils

Get ready to experience the flavours of Indian-inspired cuisine combined with the textures of a nacho bowl. Crispy poppadoms mingling with lush tandoori lentils, held together with golden melted cheese and dolloped with coriander & hemp infused cottage cheese. Yes please.

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**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Vegetarian

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 Cavalli Estate | White Knight

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## Ingredients & Prep

1	Onion <i>½ peeled &amp; finely sliced</i>
1	Fresh Chilli <i>deseeded &amp; finely sliced</i>
15ml	NOMU Tandoori Rub
120g	Lentils <i>drained &amp; rinsed</i>
200g	Cooked Chopped Tomato
50g	Spinach <i>rinsed &amp; roughly shredded</i>
4	Poppadoms
75g	Grated Mozzarella & Cheddar Cheese Mix
15ml	The Real Food Factory Coriander & Hemp Pesto
1	Lime <i>zested &amp; cut into wedges</i>
65ml	Low Fat Cottage Cheese
4g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

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

**1. PREP THE DHAL!** Preheat the oven to 200°C. Place a pot over a medium heat with a drizzle of oil. Add the onion and the Tandoori Rub, to taste, and fry for about 3-4 minutes until the onions are soft and translucent. Add the drained lentils and cooked chopped tomatoes and bring to the boil. Reduce the heat to low and simmer until thickening for 10-15 minutes. In the final 1-2 minutes add in the spinach to wilt. Season and add a sweetener of choice to taste.

**2. POPP-ADOMS...** Place a clean pan over a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time for 30 seconds per side. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up. On completion, gently break into quarters. Set aside.

**3. MELTING MOMENT!** Spread out the tomato and lentil dhal in an even layer in an ovenproof dish and scatter over the grated cheese mix. Pop in the oven for 6-7 minutes until the cheese has melted and started bubbling.

**4. DOLLOPING DELIGHT** In a bowl, combine the coriander & hemp pesto, lime zest and the cottage cheese. Season to taste and set aside for serving.

**5. A FUSION FEAST!** Pile on the delicious dhal and surround with the poppadom “nachos” for scooping it up. Garnish with some fresh coriander, and dollops of pesto cottage cheese. Serve with the lime wedges. Eat it while it's hot!



## Chef's Tip

If you prefer, you can cook the poppadoms in the microwave for 10-second bursts, keeping a close eye on them.

## Nutritional Information

Per 100g

Energy	555kj
Energy	133Kcal
Protein	9.2g
Carbs	15g
of which sugars	3.8g
Fibre	4.9g
Fat	4.5g
of which saturated	2g
Sodium	467mg

## Allergens

Dairy, Allium, Tree Nuts

Cook  
within 3  
Days