



UCOOK

Chana Masala Cheese Fries

with pickled red onions & fresh coriander

Did someone say chickpea curry, crispy sweet potato wedges, and cheese all in one dish? Indulge yourself in this too-good-to-be-true meal, served with pickled onions, raita, and fresh coriander. A hearty offering packed with meat-free goodness!


Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Fat Bastard | Chardonnay

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
1	Lime <i>½ cut into wedges</i>
1	Red Onion <i>½ peeled & finely sliced</i>
1	Garlic Clove <i>peeled & grated</i>
15ml	Curry Paste
60g	Chickpeas <i>drained & rinsed</i>
100g	Cooked Chopped Tomato
100ml	Coconut Cream
65g	Grated White Cheddar
4g	Fresh Coriander <i>rinsed & picked</i>
45ml	Raita

From Your Kitchen

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

1. WEDGE-CELLENT! Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 20-25 minutes until cooked through and crisping up, shifting halfway.

2. PICKLE MOMENT In a bowl, add the juice of 1 lime wedge and 5ml of a sweetener of choice. Mix until the sweetener has fully dissolved. Add a ¼ of the sliced onion and water until the onions are fully submerged. Set aside to pickle.

3. CURRY UP, I'M STARVING! Place a pot over a medium-high heat with a drizzle of oil. When hot, add the remaining sliced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the grated garlic and the curry paste (to taste) and fry for 1-2 minutes, until fragrant, shifting constantly. Add the drained chickpeas, cooked chopped tomato, and the coconut cream. Leave to simmer for 2-3 minutes until heated through and slightly reduced. Remove from the heat and season with salt, pepper and add a sweetener of choice.

4. UP IN MY GRILL When the sweet potato wedges are done, remove the tray from the oven. Put the oven on the grill setting or the highest temperature. Carefully push the wedges together and pour over the chickpea curry until the wedges are fully coated. Sprinkle over the grated cheese and pop in the hot oven. Grill for 2-3 minutes until the cheese is browned and melted. Drain the pickling liquid from the onions.

5. LOADED CURRY & CHEESE FRIES Plate up a generous helping of the curried cheesy wedges. Sprinkle over the picked coriander and the pickled onions. Dollop over the raita and serve with a lime wedge. Gorgeous, Chef!

Nutritional Information

Per 100g

Energy	514kJ
Energy	123Kcal
Protein	4.7g
Carbs	11g
of which sugars	4.1g
Fibre	1.8g
Fat	6.1g
of which saturated	3.9g
Sodium	154mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days