

# UCCOOK

## Carrot Pilaf Rice & Coriander Chutney

with crispy onions & lentils

We're making a Middle Eastern meal today! Dish up a plate of fluffy pilaf rice loaded with fried half-moon carrot pieces, garlic & ginger, and spiced with NOMU Garam Masala rub. Add crispy lentils, a cashew, chilli & coriander chutney, and some crispy onion sprinkles.

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**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People


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**Chef:** Kate Gomba

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Veggie

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 Creation Wines | Creation Viognier

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## Ingredients & Prep

40g	Cashew Nuts <i>roughly chop</i>
1	Onion <i>peel &amp; finely slice</i>
240g	Carrot <i>rinse, trim, peel &amp; cut into thin half-moons</i>
30ml	NOMU Garam Masala Rub
2	Garlic Cloves <i>peel &amp; grate</i>
30g	Fresh Ginger <i>peel &amp; grate</i>
200ml	Spice & All Things Nice Pilaf Rice
2	Tomatoes <i>rinse &amp; roughly dice</i>
200g	Cucumber <i>rinse &amp; dice</i>
1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
240g	Tinned Lentils <i>drain &amp; rinse</i>
20g	Fresh Coriander <i>rinse</i>

## From Your Kitchen

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

**1. TOAST THE NUTS** Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. CRISPY ONIONS** Return the pan to medium heat with enough oil to cover the base. When hot, fry the sliced onion with a pinch of salt until crispy, 10-12 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

**3. RICE PILAF** Place a pot (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the carrot half-moons until lightly browned, 4-5 minutes (shifting occasionally). Add the NOMU rub, the grated garlic, and ½ the grated ginger, and fry until fragrant, 1-2 minutes. Add the rice and 400ml of salted water. Mix to combine, cover, and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**4. SAMBAL** In a bowl, toss together the diced tomatoes, the diced cucumber, ½ the sliced chilli (to taste), a drizzle of olive oil, and seasoning. Set aside.

**5. CRISPY LENTILS** Return the pan to medium-high heat with a drizzle of oil. When hot, toast the drained lentils until golden and crispy, 12-15 minutes. Remove from the pan, season, and add to the cooked rice.

**6. CORIANDER CHUTNEY** To a blender, add the rinsed coriander, the toasted cashew nuts, the remaining chilli (to taste), the remaining ginger, and 60ml of water. Blend until smooth, adding a splash of water if it's too thick, and season.

**7. TIME TO EAT** Make a bed of the loaded rice pilaf, top with a sprinkle of the crispy onions, and cover with dollops of the coriander chutney. Serve the sambal on the side. Well done, Chef!

## Nutritional Information

Per 100g

Energy	599kj
Energy	143kcal
Protein	6.9g
Carbs	24g
of which sugars	2.9g
Fibre	5.8g
Fat	2.2g
of which saturated	0.4g
Sodium	169mg

## Allergens

Allium, Tree Nuts

Eat  
Within  
4 Days