

# UCCOOK

## Chickpea Buttah Masala

with roasted potato & poppadoms

Experience first-class comfort with this buttah chickpea curry: a thick, creamy sauce swirled with roast potato, wilted spinach & coriander, served alongside puffed poppadom. Flavourful and currylicious!

---

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

---

**Serves:** 1 Person


---

**Chef:** Ella Nasser

---

Veggie

---

 Cathedral Cellar Wines | Cathedral Cellar-Pinotage 2020

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

200g	Potato <i>rinse, peel (optional) &amp; cut into bite-sized pieces</i>
5ml	Vegetable Stock
120g	Chickpeas <i>drain &amp; rinse</i>
1	Garlic Clove <i>peel &amp; grate</i>
10g	Fresh Ginger <i>peel &amp; grate</i>
1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
20ml	Spice & All Things Nice Curry Paste
100g	Cooked Chopped Tomato
100ml	Coconut Cream
50g	Spinach <i>rinse &amp; roughly shred</i>
2	Poppadoms
3g	Fresh Coriander <i>rinse &amp; roughly chop</i>

## From Your Kitchen

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

**1. OVEN-GRILLED POTS** Preheat the oven to 200°C and boil the kettle. Spread the potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. MEANWHILE...** Dilute the stock with 100ml of boiling water and set aside.

**3. LET'S GET SPICY** Place a pan over medium heat with a drizzle of oil. When hot, fry the drained chickpeas, the grated garlic, the grated ginger, the sliced chilli (to taste), and the curry paste (to taste) until fragrant, 1-2 minutes (shifting constantly). Pour in the cooked chopped tomato, the coconut cream, and the diluted stock. Stir until combined and bring to a simmer. Cook until reduced to a curry-like consistency, 10-12 minutes (stirring occasionally). In the final 2 minutes, stir through the shredded spinach until wilted. Remove from the heat. Just before serving, toss through the roasted potato and season.

**4. POPPADOMS? DONE!** Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

**5. AS TASTY AS CAN BE** Pile up the loaded curry and side with the puffed poppadoms. Garnish with the chopped coriander. Sprinkle over any remaining chilli (to taste).

## Nutritional Information

Per 100g

Energy	486kJ
Energy	116kcal
Protein	4.2g
Carbs	14g
of which sugars	2.1g
Fibre	2.8g
Fat	4.2g
of which saturated	2.7g
Sodium	314mg

## Allergens

Allium, Sulphites

Eat  
Within  
4 Days