



UCOOK

Vegetarian Pumpkin Chana Masala

**with crispy poppadoms, cucumber raita
& fresh mint**

Chana" means chickpea and "masala" refers to a spice blend used in Indian cooking. For our version of this saucy curry, we've added roast pumpkin, crunched up the chickpeas, green beans and included pan-fried poppadoms – all to crisp up your week!

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Deon Huysamer

 Carb Conscious

 Simonsig | Die Kluisenaar White Blend

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
60g	Chickpeas <i>drained & rinsed</i>
50g	Cucumber <i>grated & liquid squeezed out</i>
50ml	Greek Yoghurt
4g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
20ml	Indian Seasoning <i>(5ml Vegetable Stock & 15ml NOMU Indian Rub)</i>
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
200ml	Cooked Chopped Tomato
100g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
2	Poppadoms

From Your Kitchen

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

1. ROAST THE PUMPKIN Preheat the oven to 200°C. Place the pumpkin pieces on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes. Place the drained chickpeas in a bowl with a drizzle of oil and some seasoning. Toss to coat and set aside.

2. MINTY RAITA & VEGGIE STOCK Boil the kettle. In a bowl, combine the cucumber with the yoghurt, and $\frac{3}{4}$ of the sliced mint. Season and set aside for serving. Dilute the Indian Seasoning with 100ml of boiling water.

3. GET THOSE CHICKPEAS CRISPY When the pumpkin has 10 minutes remaining, give it a shift and scatter over the chickpeas. Spread out in a single layer and return to the oven for the remaining cooking time. On completion, the chickpeas should be crispy and the butternut should be cooked through and caramelised.

4. MASALA TIME Place a deep pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the grated garlic and mix in the chopped chilli (to taste). Fry for another minute until fragrant, shifting constantly. Pour in the cooked chopped tomatoes and diluted Indian seasoning. Bring to a simmer and cook for 5-10 minutes until thickened, stirring occasionally. When the sauce is nearing completion, stir through the roast pumpkin, sliced green beans and $\frac{3}{4}$ of the chickpeas. Simmer for a further 1-2 minutes. Season to taste with salt, pepper, and a sweetener of choice. Keep warm over a low heat while you fry the poppadoms.

5. CRUNCHY POPPADOMS 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 it starts to curl, use a spatula or tongs to flip it and flatten it out. Keep flipping and flattening until golden and puffed up. Remove from the pan on completion and allow to drain on some paper towel.

6. GET THOSE TASTE BUDS DANCING! Dish up a bowl of chunky chana masala and scatter over the remaining crispy chickpeas. Garnish with the remaining sliced mint, and serve with the poppadoms and raita on the side. Delicious and nutritious!



Chef's Tip

If you don't feel like frying the poppadoms, you can cook them in the microwave! Simply heat them one at a time in 10-second bursts. Do this until puffed up and crispy – about 30-40 seconds in total.

Nutritional Information

Per 100g

Energy	245kJ
Energy	59kcal
Protein	3g
Carbs	10g
of which sugars	3.5g
Fibre	2.7g
Fat	0.6g
of which saturated	0.2g
Sodium	231mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days