

UCCOOK

Creamy Vegetarian Chickpea Stew

with white basmati rice

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	568kJ	3392kJ
Energy	136kcal	811kcal
Protein	4g	23.8g
Carbs	21g	127g
of which sugars	3.1g	18.2g
Fibre	2.6g	15.7g
Fat	3.8g	22.8g
of which saturated	2.7g	16.3g
Sodium	72mg	431mg

Allergens: Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice <i>rinse</i>
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
30ml	40ml	Tomato Paste
30g	40g	Fresh Ginger <i>peel & grate</i>
30ml	40ml	NOMU Indian Rub
300ml	400ml	Tomato Passata
360g	480g	Chickpeas <i>drain & rinse</i>
300ml	400ml	Coconut Cream
60g	80g	Spinach <i>rinse</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

1. RICE, RICE BABY! Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CHICK(PEA) OUT THIS STEW! Place a pot over medium heat with a drizzle of oil. When hot, add the onion and fry until soft, 4-6 minutes (shifting occasionally). Add the tomato paste, the ginger and the NOMU rub. Fry until fragrant, 6-8 minutes (shifting constantly). Mix in the tomato passata, coconut cream, chickpeas, 150ml [200ml] of water and simmer until thickening and slightly reduced, 12-15 minutes (stirring occasionally). In the final 1-2 minutes, add the spinach and cook until wilted. Season and add a sweetener (to taste).

3. LET'S EAT! Make a bed of rice and generously cover with the creamy chickpea stew. Well done, Chef!