



# UCCOOK

## Creamy Sun-dried Tomato Chickpeas

with a rustic potato mash

**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

**Veggie:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Creation Wines | Creation Chardonnay

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 371kJ    | 2602.7kJ    |
| Energy             | 88.7kcal | 622.6kcal   |
| Protein            | 3g       | 20.9g       |
| Carbs              | 11.8g    | 82.9g       |
| of which sugars    | 3.3g     | 23.2g       |
| Fibre              | 2.5g     | 17.7g       |
| Fat                | 3.6g     | 25.4g       |
| of which saturated | 2.4g     | 16.7g       |
| Sodium             | 119.2mg  | 836.4mg     |

**Allergens:** Sulphites, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |   |
|----------|------------|---|
| 600g     | 800g       | Potato<br><i>rinse, peel &amp; cut into bite-sized pieces</i> |
| 180g     | 240g       | Chickpeas<br><i>drain &amp; rinse</i>                         |
| 190g     | 250g       | Button Mushrooms<br><i>wipe clean &amp; cut into quarters</i> |
| 2        | 2          | Onions<br><i>peel &amp; roughly dice</i>                      |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>                      |
| 45ml     | 60ml       | Tomato Paste  |
| 300ml    | 400ml      | Coconut Cream   |
| 90g      | 120g       | Sun-dried Tomatoes<br><i>roughly chop</i>                     |
| 225g     | 300g       | Spinach<br><i>rinse &amp; shred</i>                           |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Plant-based Milk (optional)  
Plant-based Butter (optional)

**1. RUSTIC MASH** Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy for 25-30 minutes (shifting halfway). Place the potato in a bowl with a knob of butter alternative and a splash of water or milk alternative. Mash with a fork and cover.

**2. CRISPY CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 8-10 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

**3. MMMUSHROOMS** Return the pan to medium-high heat with a drizzle of oil. Fry the mushrooms until golden, 6-7 minutes (shifting occasionally). Remove from the pan and season.

**4. TANGY COCONUT CREAM** Return the pan to medium heat with a drizzle of oil. Fry the onion until golden, 6-7 minutes (shifting occasionally). Add the garlic, and the tomato paste, and fry until fragrant, 1-2 minutes. Add the coconut cream, and 300ml [400ml] of water and simmer until slightly reduced, 8-10 minutes.

**5. ALMOST THERE** Once the sauce has thickened, add the chickpeas and allow to warm, 6-7 minutes. Remove from the heat and add the sun-dried tomatoes, the spinach, the mushrooms, and seasoning.

**6. DIG INTO DINNER** Plate up the rustic mash, and serve with the creamy tomato chickpeas on top. Tuck in!