



UCCOOK

Butternut Curry Flatbread

with Cape Malay spices, coriander pesto
& a creamy coconut sauce

Your new favourite flatbread awaits! A thin, crisp pizza base is smothered in a curry sauce of Cape Malay spices and coconut yoghurt, overflowing with roast butternut and chickpeas, hemp-coriander pesto, and perky leaves.

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 Vegetarian

 Haute Cabrière | Pierre Jourdan Belle Nectar
Demi-Sec Rosé

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Ingredients & Prep

200g	Butternut Chunks <i>cut into bite-sized pieces</i>
120g	Chickpeas <i>drained & rinsed</i>
10g	Cashew Nuts
20g	Green Leaves <i>rinsed</i>
1	Garlic Clove <i>peeled & grated</i>
15ml	Spice & All Things Nice Cape Malay Curry Paste
65ml	Coconut Yoghurt
1	Lemon <i>½ cut into wedges</i>
1	Pizza Base
75g	Pickled Bell Peppers <i>drained & roughly chopped</i>
15ml	The Real Food Factory Hemp Seed & Coriander Pesto

From Your Kitchen

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

1. ROAST BUTTERNUT & CHICKPEAS Preheat the oven to 200°C. Spread out the butternut pieces on a roasting tray. Coat in oil, season, and roast in the hot oven for 25-30 minutes. Place the drained chickpeas in a bowl. Toss through a drizzle of oil and some seasoning.

2. TOASTY NUTS & DRESSED LEAVES Place the cashew nuts in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan. Place the rinsed green leaves in a bowl, toss through a drizzle of oil, and season.

3. MAKE THE CURRY SAUCE Return the pan to a medium heat with a drizzle of oil. When hot, fry the grated garlic and the curry paste (to taste) for about a minute until fragrant, shifting constantly. Stir through ¾ of the coconut yoghurt until the curry paste has been incorporated into the liquid. Fry for 1-2 minutes, stirring continuously. On completion, remove from the heat and season to taste with lemon juice, salt, and pepper.

4. YOU'RE HALFWAY When the butternut reaches the halfway mark, remove from the oven and give it a shift. Scatter over the chickpeas and return to the oven for the remaining roasting time. On completion, the chickpeas should be crispy and the butternut should be cooked through and caramelised.

5. CRISPY, SPICY FLATBREAD When the butternut and chickpeas are cooked, remove from the oven and place in a bowl. Cover to keep warm. Turn the oven up to its maximum temperature or the grill setting and pop in a roasting tray to warm up. Once hot, slide the pizza base onto the tray and par bake for 3-5 minutes until light gold. Remove the base from the oven and flip over. Smear the curry sauce over the whole surface and evenly scatter over the butternut, chickpeas, and drained chopped pickled peppers. Slide back into the oven and bake for 4-5 minutes until the edges are crispy. Watch closely to ensure they don't burn!

6. GRAB A PLATE! Lay the coconut curry flatbread on a plate or board. Dollop over the remaining coconut yoghurt and top with the dressed green leaves. Fleck with the hemp-coriander pesto and toasted chopped cashew nuts. Finish off with a squeeze of lemon juice. Time to devour this fragrant vegan treat...



Chef's Tip

The humble little lemon is packed with vitamin C. It's a powerful antioxidant, preventing cell damage by neutralising free radicals. You get the double benefit of a happy immune system and happy skin!

Nutritional Information

Per 100g

Energy	548kj
Energy	131Kcal
Protein	4.4g
Carbs	19g
of which sugars	4.3g
Fibre	3.2g
Fat	2.8g
of which saturated	0.7g
Sodium	297mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 1
Day