



UCOOK

Vegetarian Butternut Chana Masala

**with crispy poppadoms, 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 butternut, crunched up the chickpeas, green beans and included pan-fried poppadoms – all to crisp up your week!

Hands-on Time: 35 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Deon Huysamer

Carb Conscious

Cathedral Cellar Wines | Cathedral Cellar-
Pinotage 2020

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Ingredients & Prep

1kg	Butternut Chunks <i>cut into bite-sized pieces</i>
1	Chickpeas <i>drain & rinse</i>
60ml	Indian Seasoning <i>(20ml Vegetable Stock & 40ml NOMU Indian Rub)</i>
2	Onions <i>peel & finely dice</i>
2	Garlic Cloves <i>peel & grate</i>
2	Fresh Chillies <i>rinse, trim, deseed & finely chop</i>
800g	Cooked Chopped Tomato
400g	Green Beans <i>rinse & slice into thirds</i>
4	Poppadoms
10g	Fresh Mint <i>rinse, pick & roughly slice</i>
200ml	Raita

From Your Kitchen

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

1. ROAST THE BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Place the drained chickpeas on a separate roasting tray, coat in oil, and season. Spread out in a single layer and set aside.

2. VEGGIE STOCK Boil the kettle. Dilute the Indian seasoning with 400ml of boiling water.

3. GET THOSE CHICKPEAS CRISPY When the butternut has 15 minutes left, shift and scatter over the chickpeas. Spread out in a single layer and return to the oven for the remaining roasting time.

4. MASALA TIME Place a deep pan over medium heat with a drizzle of oil. When hot, fry the diced onion until browning, 7-8 minutes (shifting occasionally). Add the grated garlic and the chopped chilli (to taste). Fry until fragrant, 30-60 seconds (shifting constantly). Pour in the cooked chopped tomato and diluted Indian seasoning. Simmer until thickened, 10-12 minutes (stirring occasionally). When the sauce has 5 minutes left, stir through the roast butternut, the sliced green beans and $\frac{3}{4}$ of the chickpeas. Simmer, 2-3 minutes. Add a sweetener (to taste) and season.

5. CRUNCHY POPPADOMS 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 poppadoms start to curl, use tongs to flip it over. Keep flipping until golden and puffed up. Remove and drain on paper towel. (Alternatively: 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.)

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



Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	259kj
Energy	62kcal
Protein	2.8g
Carbs	11g
of which sugars	3.4g
Fibre	2.4g
Fat	0.4g
of which saturated	0.1g
Sodium	191mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days