

U COOK

Creamy Sun-dried Tomato Chickpeas

with a rustic potato mash

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

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 1 [Serves 2]

200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
60g	120g	Chickpeas <i>drain & rinse</i>
65g	125g	Button Mushrooms <i>wipe clean & cut into quarters</i>
1	1	Onion <i>peel & roughly dice</i>
1	1	Garlic Clove <i>peel & grate</i>
15ml	30ml	Tomato Paste
100ml	200ml	Coconut Cream
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
75g	150g	Spinach <i>rinse & shred</i>

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, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C, until crispy for 20-25 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, 6-8 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, 5-6 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, 4-5 minutes (shifting occasionally). Add the garlic, and the tomato paste, and fry until fragrant, 1-2 minutes. Add the coconut cream, and 100ml [200ml] of water and simmer until slightly reduced, 6-8 minutes.

5. ALMOST THERE Once the sauce has thickened, add the chickpeas and allow to warm, 4-5 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!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Plant-based Milk (optional)

Plant-based Butter (optional)