



# U C O O K

— COOKING MADE EASY

## COCONUT CURRY FLATBREAD

**with roast butternut, crispy chickpeas & pesto**

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

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**Hands-On Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Tess Witney

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 **Vegetarian**

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## Ingredients & Prep

200g	Butternut Chunks <i>cut into small cubes</i>
120g	Chickpeas <i>drained &amp; rinsed</i>
1	Garlic Clove <i>peeled &amp; grated</i>
15ml	Spice and All Things Nice Cape Malay Curry Paste
65ml	Coconut Yoghurt
1	Lemon <i>one half cut into wedges</i>
20g	Green Leaves <i>rinsed</i>
1	Pizza Base
15ml	The Real Food Factory Hemp Seed and Coriander Pesto

## From Your Kitchen

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

**1. BEFORE YOU GET GOING** Read the whole recipe. You'll find the ingredient prep instructions displayed in the ingredient list, directly under the item they apply to.

**2. ROAST THE BUTTERNUT & CHICKPEAS** Preheat the oven to 200°C. Spread out the butternut cubes on a tinfoil-lined roasting tray. Coat in oil, season to taste, and roast in the hot oven for 25-30 minutes. Place the drained chickpeas in a bowl, toss through a drizzle of oil, and season to taste. When the butternut is at the halfway mark, give it a shift and scatter over the dressed chickpeas. Return the tray to the oven for the remaining roasting time until the chickpeas are crispy and the butternut is cooked through and crisping up.

**3. MAKE THE CURRY SAUCE** Place a pan over a medium heat with a drizzle of oil. When hot, fry the grated garlic and curry paste for about a minute until fragrant, shifting constantly. Stir in three-quarters of the coconut yoghurt and simmer for 1-2 minutes, stirring continuously. On completion, add some lemon juice and seasoning to taste. Remove from the heat and set aside. Toss the rinsed green leaves with a drizzle of oil and some seasoning. Set aside for serving.

**4. CRISPY FLATBREAD** When the butternut and chickpeas are cooked, remove from the oven and transfer to a bowl, discarding the tinfoil. Turn the oven up to its maximum temperature. Place the pizza base on the roasting tray and par bake in the oven for 3-5 minutes until lightly golden. Remove the base from the oven (leaving the tray inside to stay hot) and flip over onto the other side. Smear the curry sauce over the whole surface and evenly scatter over the butternut and chickpeas. Slide the base back onto the tray and bake for 3-4 minutes until the edges are crispy. Remove from the oven on completion.

**5. GRAB A PLATE!** Lay the Cape Malay curry flatbread on a plate or board. Dollop over the remaining coconut yoghurt and top with the dressed green leaves. Fleck with the hemp seed and coriander pesto and finish off with a squeeze of lemon juice. Time to devour this vegan treat!



## Chef's Tip

Butternut has high levels of vitamin C, vitamin E, and beta-carotene – all antioxidants that reduce inflammation and cell damage. With its naturally sweet flavour, butternut is delicious roasted, steamed, mashed with butter or coconut oil, or even grated and made into fritters!

## Nutritional Information

Per 100g

Energy	562kJ
Energy	134Kcal
Protein	4.7g
Carbs	19g
of which sugars	3.1g
Fibre	3.1g
Fat	2.8g
of which saturated	0.7g
Sodium	201mg

## Allergens

Gluten, Allium, Wheat, Tree Nuts

Cook  
within 1  
Day