



UCCOOK

Cape Malay Veggie Rotis

with chutney & golden sultanas

A rich, spicy butternut curry is rolled up in a roti before being fried to crisp perfection! Our version uses a hearty combination of chickpeas, spinach, and a cheddar-mozzarella mix as the filling to create ooey gooey richness! It is served with a sweet chutney for spooning over or for dunking.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

1	Butternut Whole <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
60g	Chickpeas <i>drain & rinse</i>
15ml	Spice & All Things Nice Cape Malay Curry Paste
20g	Spinach <i>rinse</i>
20g	Golden Sultanas
80g	Grated Cheddar & Mozzarella Cheese
10g	Almonds
40ml	Jam & Chutney <i>(30ml Mrs Ball's Chutney & 10ml Apricot Jam)</i>
2	Rotis
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. ROASTED 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, 25-30 minutes (shifting halfway).

2. AROMATIC CURRY Place a pan over medium heat with a drizzle of oil. When hot, add ½ the drained chickpeas, the curry paste (to taste), and 100ml of water. Use a potato masher or fork to smash the chickpeas until a coarse mash. Cook until almost all the liquid has evaporated, 4-5 minutes. In the final minute, stir in ½ the rinsed spinach until wilted. Transfer the mixture to a bowl. When the butternut is done, add to the mixture along with ½ the sultanas and the grated cheese.

3. SALAD & DIP DIP In a bowl, combine the remaining spinach, the almonds, the remaining chickpeas, the remaining sultanas, a drizzle of olive oil, and seasoning. In a separate bowl, combine the jam & chutney with water in 5ml increments until drizzling consistency.

4. ASSEMBLY TIME Lay out the rotis on a chopping board and top with the chickpea & butternut mixture. Tightly roll up into a wrap. Place a pan over medium heat. When hot, fry the wraps, seam-side down, until golden, 1-2 minutes per side. Reduce the heat if the wraps are browning too quickly.

5. CHEESY ROLLS Serve the cheesy curry roti wraps alongside the nutty-sultana salad with the apricot chutney for dipping. Sprinkle over the chopped coriander. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	779kJ
Energy	186kcal
Protein	6.4g
Carbs	25g
of which sugars	9.3g
Fibre	2.7g
Fat	6.2g
of which saturated	2.2g
Sodium	293mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy, Cow's Milk

Cook
within
4 Days