



UCOOK

Fragrant Keralan Hake Curry

with a roti & crispy chickpeas

This rich & creamy Keralan hake curry from the southwestern coast of India is full-on when it comes to fragrant flavour. Get ready for a wonderful combination of flaky hake, crispy chickpeas, coconut cream, spinach, butternut, pickled peppers and fresh chillies accompanied by a toasted roti for scooping up that one-of-a-kind sauce.

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Leopard's Leap | Chenin Blanc

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Ingredients & Prep

60g	Chickpeas <i>drained & rinsed</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
10ml	Spice & All Things Nice Curry Paste
100ml	Coconut Milk
1	Line-caught Hake Fillet
50g	Spinach <i>rinsed & roughly shredded</i>
1	Whole Wheat Roti
25g	Pickled Bell Peppers <i>drained & roughly chopped</i>
4g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

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

1. CRISPY CHICKPEAS Place a pan over medium heat with a drizzle of oil. When hot, add the drained chickpeas for 5-6 minutes until crispy and caramel in colour, shifting occasionally. If they start to pop out, use a lid to rein them in!

2. KERELAN CURRY Place a pot over medium heat with a drizzle of oil. When hot, add the spring onion whites and fry for 1-2 minutes until soft, shifting occasionally. Add the butternut pieces, ½ the sliced chilli, and the curry paste - both to taste. Fry for 1-2 minutes until fragrant, shifting constantly. Pour in the coconut milk and 150ml of water. Reduce the heat, cover with the lid, and simmer for 15-20 minutes until slightly reduced and the butternut is cooked through.

3. FLAKY HAKE & SPINACH When the curry is halfway, pat the hake dry with paper towel. Fully submerge the hake in the curry. Cover with the lid and cook for the remaining time or until the hake is cooked through. In the final 2-3 minutes, add ½ the crispy chickpeas and the shredded spinach. Season with a sweetener of choice, salt, and pepper.

4. READY THE ROTIS Return the pan, wiped down, to medium heat. When hot, warm the roti for 30-60 seconds per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds. Cut into quarters.

5. CURRY NIGHT Pile up the curry and side with the warm roti quarters. Scatter over the chopped pickled peppers and the remaining chickpeas. Garnish with the picked mint, the spring onion greens, and the remaining chilli (to taste). Divine, Chef!



Chef's Tip

If your curry is too runny for your liking, increase the heat and leave to simmer for an extra few minutes!

Nutritional Information

Per 100g

Energy	457kj
Energy	109kcal
Protein	5.6g
Carbs	12g
of which sugars	3g
Fibre	1.9g
Fat	3.4g
of which saturated	1.9g
Sodium	258mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Fish, Soy

Cook
within 1
Day