



UCOOK

Chickpea Masala Bliss Bowl

with brown rice & fresh mint

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Waterkloof | Beeskamp Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	414kJ	3738kJ
Energy	99kcal	894kcal
Protein	3.4g	30.4g
Carbs	18g	159g
of which sugars	3.1g	27.8g
Fibre	2.9g	26.3g
Fat	1.1g	10.4g
of which saturated	0.1g	1.3g
Sodium	161mg	1450mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	Serves 4	
300ml	400ml	Brown Basmati Rice <i>rinse</i>
600g	800g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
360g	480g	Chickpeas <i>drain & rinse</i>
150g	200g	Cucumber <i>grate</i>
150ml	200ml	ButtaNutt Macadamia Nut Yoghurt
8g	10g	Fresh Mint <i>rinse, pick & roughly slice</i>
15ml	20ml	Vegetable Stock
2	2	Onions <i>peel & finely dice 1½ [2]</i>
3	4	Garlic Cloves <i>peel & grate</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely chop</i>
45ml	60ml	NOMU Indian Rub
600g	800g	Cooked Chopped Tomato

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Sugar/Sweetener/Honey

Water

Tea Towel

1. BOILING RICE Preheat the oven to 200°C. Place the rice in a pot with 700ml [900ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover. Place the cucumber in a tea towel and squeeze out the excess liquid (alternatively, squeeze out excess liquid with your hands).

2. ROAST THE PUMPKIN Spread the pumpkin on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes. Place the chickpeas in a bowl and toss with a drizzle of oil and seasoning. Set aside.

3. MINTY RAITA & VEGGIE STOCK Boil the kettle. In a bowl, combine the cucumber with the yoghurt and ¾ of the mint. Season and set aside. Dilute the stock with 300ml [400ml] of boiling water.

4. GET THOSE CHICKPEAS CRISPY When the pumpkin has 10 minutes remaining, shift and scatter over the chickpeas. Return to the oven for the remaining cooking time.

5. MASALA TIME Place a deep pan over medium heat with a drizzle of oil. When hot, fry the onion until beginning to brown, 7-8 minutes (shifting occasionally). Add the garlic, chilli (to taste), and NOMU rub. Fry until fragrant, 30-60 seconds (shifting constantly). Pour in the cooked chopped tomato and the diluted stock. Simmer until thickened, 15-20 minutes (stirring occasionally). When the sauce has 5 minutes remaining, stir through the pumpkin and ¾ of the chickpeas. Add a sweetener and season.

6. GET THOSE TASTE BUDS DANCING! Dish up a bowl of the steaming rice and top with the chunky chana masala. Scatter over the remaining crispy chickpeas. Garnish with the remaining mint and serve with the raita on the side. Delicious and nutritious!