



WCOOK

Cape Malay Veggie Wraps

with chutney, golden sultanas & Greek yoghurt

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	647kJ	3832kJ
Energy	155kcal	917kcal
Protein	5.4g	31.9g
Carbs	26g	151g
of which sugars	8.2g	48.5g
Fibre	3.9g	23.2g
Fat	2.9g	16.9g
of which saturated	1g	5.7g
Sodium	211mg	1251mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>cut into bite-sized pieces</i>
60g	120g	Tinned Lentils <i>drain & rinse</i>
15ml	30ml	Spice & All Things Nice Cape Malay Curry Paste
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Golden Sultanas
40ml	80ml	Greek Yoghurt
10g	20g	Almonds
30ml	60ml	Mrs Balls Chutney
10ml	20ml	Apricot Jam
2	4	Wheat Flour Tortillas
1	1	Spring Onion <i>rinse, trim & finely slice</i>

From Your Kitchen

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

1. BEGIN THE BUTTERNUT Preheat the oven to 200°C. Place the butternut on a roasting tray, coat in oil, and season. Roast in the hot oven until cooked through and crisping up, 25-30 minutes (shifting halfway).

2. AROMATIC CURRY Place a pan over medium heat with a drizzle of oil. When hot, add the lentils, the curry paste (to taste), and 100ml [200ml] of water. Mix until fully combined and use a potato masher or fork to roughly mash the lentils until a coarse mash. Cook for 4-5 minutes, until the liquid has almost all evaporated. In the final minute, stir in the spinach until wilted. Transfer the mixture to a bowl to cool slightly. When the butternut is done, add to the mixture along with the sultanas and the yoghurt.

3. TOASTED ALMONDS Return the pan, wiped down, to medium heat with the almonds. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside.

4. DELISH DIP In a separate bowl, combine the chutney and the apricot jam. Add water in 5ml increments until a drizzling consistency.

5. MAKE CURRY ROLLS Lay out the tortillas on a chopping board, top with the lentil and butternut mixture, and sprinkle over the almonds. Tightly roll up into a wrap. Return the pan to medium heat. Fry the wraps, seam-side down until golden brown, 1-2 minutes per side. (Reduce the heat if the wraps are browning too quickly).

6. TORTILLA WORTH IT Serve the curry wraps alongside the apricot chutney for dipping. Sprinkle over the spring onion. Enjoy, Chef!