



UCCOOK

Tuscan Chickpeas & Rice

with mushrooms & Italian-style cheese

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Eunice Ngouapindi Mboumba

Wine Pairing: Waterkloof | Astraeus Chardonnay Brut

Nutritional Info

	Per 100g	Per Portion
Energy	667kJ	3779kJ
Energy	160kcal	904kcal
Protein	4.7g	26.5g
Carbs	20g	114g
of which sugars	4.2g	24.1g
Fibre	3.2g	17.9g
Fat	7.8g	44.1g
of which saturated	4g	22.7g
Sodium	130mg	736mg

Allergens: Sulphites, Egg, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
120g	240g	Chickpeas <i>drain & rinse</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
65g	125g	Button Mushrooms <i>wipe clean & roughly slice</i>
15ml	30ml	Paprika Mix <i>(10ml [20ml] NOMU Rub & 5ml [10ml] Paprika)</i>
20ml	40ml	Tomato Paste
100ml	200ml	Fresh Cream
15ml	30ml	Grated Italian-style Hard Cheese
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
3g	5g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter (optional)

1. RICE Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 8-10 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

3. MUSHIES & ONION Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion and mushrooms until golden, 5-6 minutes (shifting occasionally).

4. TUSCAN MOMENT Add the paprika mix and tomato paste to the pan. Fry until fragrant, 1-2 minutes. Deglaze the pan with a splash of water and mix in the cream. Reduce the heat and simmer until slightly thickened, 3-4 minutes. Mix in the cheese, sun-dried tomatoes, and chickpeas. Simmer until warmed through, 2-3 minutes. Remove from the heat and season (to taste).

5. DINNER IS READY Bowl up the rice, top with the creamy Tuscan loaded chickpeas, and garnish with a sprinkle of chives. Well done, Chef!