



UCCOOK

Masala Baked Beans & Mint Yoghurt

with roasted pumpkin & soft rotis

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	421kj	3738kj
Energy	101kcal	894kcal
Protein	3.9g	34.3g
Carbs	17g	151g
of which sugars	3.8g	33.6g
Fibre	2.4g	21.6g
Fat	1.9g	17g
of which saturated	0.5g	4.7g
Sodium	227mg	2013mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	1	Onion <i>peel & finely slice</i>
15ml	30ml	Spice & All Things Nice Korma Curry Paste
1	1	Fresh Chilli <i>rinse, deseed & finely chop</i>
1	1	Garlic Clove <i>peel & grate</i>
10ml	20ml	Tomato Paste
120g	240g	Cannellini Beans <i>drain & rinse</i>
100g	200g	Cooked Chopped Tomato
100ml	200ml	Greek Yoghurt
3g	5g	Fresh Mint <i>rinse & finely chop</i>
10ml	20ml	Lime Juice
2	4	Rotis

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey

1. GOLDEN PUMPKIN Preheat the oven to 200°C. 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, 25-30 minutes (shifting halfway).

2. HURRY WITH THE CURRY Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 3-4 minutes (shifting occasionally). Add the Korma curry paste, the chillies (to taste), the garlic, and the tomato paste and fry until fragrant, 2-3 minutes. Add in the cannellini beans, the cooked chopped tomatoes and 150ml [300ml] of water. Season and allow to simmer for 10-12 minutes until slightly thickened. Once complete, mix through ½ the yoghurt and a sweetener (to taste). Gently mix in the cooked pumpkin.

3. PREP STEP In a bowl, combine the remaining yoghurt with the mint and lime juice (to taste). Season and set aside.

4. WARM ROTIS Just before serving, place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

5. SAVOUR THE FLAVOUR Dish up a generous helping of the masala baked beans. Top with a dollop of the minty yoghurt, and side with the warm rotis. Tuck in and enjoy, Chef!