



UCCOOK

Creamy Vegetarian Chickpea Stew

with brown basmati rice

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range
Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	599kJ	3780kJ
Energy	143kcal	904kcal
Protein	4.2g	26.7g
Carbs	20g	129g
of which sugars	3g	19.1g
Fibre	3g	19.2g
Fat	3.9g	24.9g
of which saturated	2.6g	16.3g
Sodium	136mg	861mg

Allergens: Allium

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Brown Basmati Rice <i>rinse</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
10ml	20ml	Tomato Paste
10g	20g	Fresh Ginger <i>peel & grate</i>
10ml	20ml	NOMU Indian Rub
100ml	200ml	Tomato Passata
120g	240g	Chickpeas <i>drain & rinse</i>
100ml	200ml	Coconut Cream
50g	100g	Spinach <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. RICE, RICE BABY! Place the rice in a pot with 300ml [500ml] 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.

2. CHICK(PEA) OUT THIS STEW! Place a pot over medium heat with a drizzle of oil. When hot, add the onion and fry until soft, 3-4 minutes (shifting occasionally). Add the tomato paste, the ginger and the NOMU rub. Fry until fragrant, 4-6 minutes (shifting constantly). Mix in the tomato passata and the chickpeas and simmer until slightly reduced, 6-7 minutes (stirring occasionally). If the stew reduces too quickly, add a splash of water.

3. FINISHING TOUCHES When the stew has reduced, pour in the coconut cream and simmer until reduced and thickened, 12-14 minutes (stirring occasionally). In the final minute, add the spinach and cook until wilted. Season and add a sweetener (to taste).

4. LET'S EAT! Make a bed of rice and generously cover with the creamy chickpea stew. Well done, Chef!