

UCOOK

Chickpea Pakora Pops

with turmeric sauce, rotis and paw paw salsa

This tasty roti will be your taste buds' new best friend. This culinary friendship will start with the first bite of the pakora pops made from a rustic chickpea mash, NOMU Tandoori Rub spices, onion & cabbage. It will continue with a kick of curry cabbage, a cooling but zesty paw paw, onion & piquanté peppers salsa, and a very memorable turmeric sauce.

Hands-on Time: 35 minutes

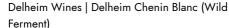
Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba



Veggie



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20ml	Turmeric Mix (5ml Ground Turmeric, 5m Garam Masala & 10ml Dried Chilli Flakes)
200ml	Coconut Cream
10g	Fresh Coriander rinsed, picked & roughly chopped
240g	Chickpeas drained & rinsed
60ml	Cake Flour
30ml	NOMU Tandoori Rub
1	Onion peeled & roughly diced
200g	Cabbage rinsed & thinly sliced
400g	Fresh Paw Paw roughly diced
40g	Piquanté Peppers drained & roughly diced
20ml	Lemon Juice
4	Rotis
From Yo	ur Kitchen
Oil (cool Salt & Pe Water Paper To	

SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the turmeric mix until fragrant, 1-2 minutes. Mix in the coconut cream and simmer until slightly reduced, 2-3 minutes. Remove from the heat and mix in ³/₄ of the chopped coriander. Season and remove from the pan.
 PREP THE POPS & SALSA In a bowl, add the drained chickpeas

and mash with a potato masher or fork until a rustic mash. Add the flour, ½ the NOMU rub, ¼ of the diced onion, ¼ of the sliced cabbage, 4 tbsp of water, and seasoning. Mix until fully combined. Roll into 10 pops per serving. You may need to do this step in batches. In a small bowl, combine the diced paw paw, ¼ of the remaining onion, the diced peppers, the

lemon juice (to taste), and seasoning.

3. FRY THE POPS Return the pan, wiped down, to medium heat with enough oil to cover the base. When hot, gently place the chickpea pops into the oil and fry until crispy and cooked through, 3-4 minutes per side. Remove from the pan and drain on a paper towel.

4. FRY THE CABBAGE Return the pan to medium heat with a drizzle of

oil. When hot, fry the remaining onions, the remaining cabbage, and the

remaining NOMU rub until slightly wilted but still crunchy, 1-2 minutes. Season.

5. TOAST THE ROTIS 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.

6. TIME TO EAT Load each roti with the curried cabbage, the pops, and

6. TIME TO EAT Load each roti with the curried cabbage, the pops, and the paw paw salsa, and drizzle over the turmeric sauce. Wrap them up and enjoy, Chef!

Nutritional Information

Per 100g

Energy

566kl

3.7g

19g

5.3g

3.1g

4.2g

2.3g

216mg

135kcal

Energy Protein

Carbs of which sugars

of which saturated

Fibre
Fat

Sodium

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

> Cook within 1 Day