



UCOOK

Creamy Vegetarian Chickpea Stew

with brown basmati rice

This creamy & delicious tomato & chickpea stew is made with spinach, fresh ginger and lush coconut cream. It is served with perfectly fluffy brown basmati rice, to make sure every last drop of this divine stew finds its way to your fork!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Laborie Estate | Laborie Merlot / Cabernet Sauvignon

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Ingredients & Prep

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

From Your Kitchen

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

1. RICE, RICE BABY! Place the rinsed rice in a pot with 300ml 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 diced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the tomato paste, the grated ginger and the NOMU rub. Fry until fragrant, 3-4 minutes (shifting constantly). Mix in the tomato passata and the drained chickpeas and simmer until slightly reduced, 5-6 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, 10-12 minutes (stirring occasionally). In the final minute, add the rinsed shredded spinach and cook until wilted. Season with salt, pepper, and a sweetener (to taste).

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

Nutritional Information

Per 100g

Energy	599kJ
Energy	143kcal
Protein	4.2g
Carbs	20g
of which sugars	3g
Fibre	3g
Fat	3.9g
of which saturated	2.6g
Sodium	136mg

Allergens

Allium, Sulphites

Eat
Within
5 Days