

# UCOOK

## Vegetarian Creamed Corn Rotis

with fresh coriander & crispy onions

This dish was a fast-favourite at HQ; and how could it not be with silken cocktail rotis piled high with coconut-creamed corn fried with chilli, garlic, ginger, lentils, and quinoa. We're serious when we say that these spring onion-topped, fresh coriander-sprinkled flavour blasts will have you salivating for more!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Fan Faves

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 Paardenkloof Wines | Paardenkloof Ecology  
"Desert Rose" Sauvignon blanc

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## Ingredients & Prep

60ml	Lentil & Quinoa Mix <i>(30ml White Quinoa &amp; 30ml Dry Red Lentils)</i>
7,5ml	Golden Stock <i>(2,5ml Ground Turmeric &amp; 5ml Vegetable Stock)</i>
100g	Corn
1	Garlic Clove <i>peel &amp; grate</i>
15g	Fresh Ginger <i>peel &amp; grate</i>
1	Fresh Chilli <i>rinse, deseed &amp; finely chop</i>
1	Spring Onion <i>rinse &amp; finely slice, keeping the white &amp; green parts separate</i>
100ml	Coconut Milk
4	Rotis
1	Lemon <i>rinse, zest &amp; cut ½ into wedges</i>
30ml	Crispy Onion Bits
3g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. GOLDEN GRAINS** Rinse the quinoa & lentil mix. Place the rinsed quinoa & lentil mix and the golden stock in a pot with 200ml of water. Cover and bring to a simmer over medium-high heat. Cook until the quinoa's tails have popped out and the red lentils are soft, 12-15 minutes. Add more water during cooking, if required. Drain (if necessary) and return to the pot. Set aside to steam, 5 minutes.

**2. DREAMY CREAMY CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until it starts to brown, 3-4 minutes. Add the grated garlic, the grated ginger, the chopped chilli (to taste), and the spring onion whites, and fry until fragrant, 1-2 minutes (shifting constantly). Mix in the coconut milk and 10ml of water, and stir until combined. Lower the heat and simmer until slightly reduced, 3-5 minutes. Remove from the heat, place in a bowl, season, and cover.

**3. TOASTY ROTIS** Return the pan, wiped down, to 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.

**4. ALMOST THERE...** When the quinoa and lentils are done, add the creamed corn, the lemon zest (to taste), and seasoning to the pot. Mix until fully combined.

**5. TIME TO DINE** Lay down the warm rotis and pile on the creamed corn and grain mix. Top with the crispy onions, the spring onion greens, the chopped coriander, and a squeeze of lemon juice. Serve with any remaining lemon wedges. Get stuck in, Chef!

## Nutritional Information

Per 100g

Energy	722kj
Energy	173kcal
Protein	4.7g
Carbs	27g
of which sugars	3.5g
Fibre	3.2g
Fat	5.6g
of which saturated	3g
Sodium	248mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Cook  
within  
4 Days