



UCOOK

Mushroom Tikka Masala

with rotis, coconut cream, fresh mint & crispy onions

Take a trip to tikka town! This tasty vegetarian take on tikka masala is so full of flavourful mushrooms, you won't even miss the meat. Elevated with warm cocktail rotis, creamy coconut yoghurt & fresh mint. You'll be licking the bowl!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Leopard's Leap | Culinaria Grand Vin

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Ingredients & Prep

1	Onion <i>½ peeled & finely diced</i>
1	Green Bell Pepper
1	Garlic Clove <i>peeled & grated</i>
125g	Portobellini Mushrooms <i>roughly chopped</i>
5ml	Medium Curry Powder
200g	Cooked Chopped Tomato
50ml	Coconut Cream
3	Cocktail Rotis
50g	Spinach <i>rinsed & roughly shredded</i>
5g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
10ml	Crispy Onions
45ml	Coconut Yoghurt

From Your Kitchen

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

1. BUILD THE MASALA BASE Place a deep pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 5-6 minutes. In the meantime, rinse and halve the green pepper. Set aside one ½ for another meal. Deseed the remaining ½ and cut into bite-sized pieces. When the onion is soft and golden, add in the grated garlic and green pepper, and cook for 1-2 minutes, shifting regularly. Remove from the pan on completion and set aside.

2. BRING THE FLAVOUR Wipe down the pan and return it to a high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the chopped mushrooms for 3-5 minutes until soft and golden, shifting as they colour.

3. BRING THE BULK When the mushrooms are cooked, reduce the heat to medium and stir in the onion and green pepper, curry powder, cooked chopped tomato, and coconut cream. Season to taste with salt, pepper, and a sweetener of choice. Simmer for 10 minutes until the sauce has reduced and the flavours are combined, stirring occasionally.

4. WARMING UP Place a clean pan over a medium heat. When hot, warm the rotis for about 30-60 seconds per side until heated through and lightly toasted. As you go, stack the heated ones on a plate and cover with a tea towel to keep warm. (Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds.)

5. FINAL FIDDLES When the masala has 1-2 minutes remaining, stir through the shredded spinach until wilted. Remove from the heat on completion.

6. TIME TO... Serve up this glorious veggie tikka masala! Pop a large helping of curry in a bowl, and garnish with the chopped mint and crispy onions. On the side, serve the coconut yoghurt for dolloping and the warm rotis for scooping up that yummy sauce. Enjoy your trip to tikka town!

Nutritional Information

Per 100g

Energy	300kj
Energy	72kcal
Protein	2.1g
Carbs	10g
of which sugars	3.9g
Fibre	2g
Fat	2.5g
of which saturated	1.5g
Sodium	176mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days