



# UCOOK

## Vegetarian Butternut Chana Masala

**with crispy poppadoms, raita & fresh  
mint**

“Chana” means chickpea and “masala” refers to a spice blend used in Indian cooking. For our version of this saucy curry, we’ve added roast butternut, crunched up the chickpeas, green beans and included pan-fried poppadoms – all to crisp up your week!

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**Hands-on Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Deon Huysamer

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Carb Conscious

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Cathedral Cellar Wines | Cathedral Cellar-  
Pinotage 2020

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## Ingredients & Prep

|       |                                                                              |
|-------|------------------------------------------------------------------------------|
| 500g  | Butternut Chunks<br><i>cut into bite-sized pieces</i>                        |
| 120g  | Chickpeas<br><i>drain &amp; rinse</i>                                        |
| 30ml  | Indian Seasoning<br><i>(10ml Vegetable Stock &amp; 20ml NOMU Indian Rub)</i> |
| 1     | Onion<br><i>peel &amp; finely dice</i>                                       |
| 1     | Garlic Clove<br><i>peel &amp; grate</i>                                      |
| 1     | Fresh Chilli<br><i>rinse, trim, deseed &amp; finely chop</i>                 |
| 400g  | Cooked Chopped Tomato                                                        |
| 200g  | Green Beans<br><i>rinse &amp; slice into thirds</i>                          |
| 2     | Poppadoms                                                                    |
| 5g    | Fresh Mint<br><i>rinse, pick &amp; roughly slice</i>                         |
| 100ml | Raita                                                                        |

## From Your Kitchen

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

**1. ROAST THE BUTTERNUT** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Place the drained chickpeas in a bowl and toss with a drizzle of oil and season. Set aside.

**2. VEGGIE STOCK** Boil the kettle. Dilute the Indian seasoning with 200ml of boiling water.

**3. GET THOSE CHICKPEAS CRISPY** When the butternut has 10 minutes left, shift and scatter over the chickpeas. Spread out in a single layer and return to the oven for the remaining roasting time.

**4. MASALA TIME** Place a deep pan over medium heat with a drizzle of oil. When hot, fry the diced onion until browning, 5-6 minutes (shifting occasionally). Add the grated garlic and the chopped chilli (to taste). Fry until fragrant, 30-60 seconds (shifting constantly). Pour in the cooked chopped tomato and diluted Indian seasoning. Simmer until thickened, 8-10 minutes (stirring occasionally). When the sauce has 5 minutes left, stir through the roast butternut, the sliced green beans and  $\frac{3}{4}$  of the chickpeas. Simmer, 1-2 minutes. Add a sweetener (to taste) and season.

**5. CRUNCHY POPPADOMS** Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadoms start to curl, use tongs to flip it over. Keep flipping until golden and puffed up. Remove and drain on paper towel. (Alternatively: you can cook them in the microwave! Simply heat them one at a time in 10-second bursts. Do this until puffed up and crispy – about 30-40 seconds in total.)

**6. GET THOSE TASTE BUDS DANCING!** Dish up a bowl of chunky chana masala and scatter over the remaining crispy chickpeas. Garnish with the sliced mint, and serve with the poppadoms and raita on the side. Delicious and nutritious!



## Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 259kJ  |
| Energy             | 62kcal |
| Protein            | 2.8g   |
| Carbs              | 11g    |
| of which sugars    | 3.4g   |
| Fibre              | 2.4g   |
| Fat                | 0.4g   |
| of which saturated | 0.1g   |
| Sodium             | 191mg  |

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
3 Days