



UCOOK

— COOKING MADE EASY

COCONUT CURRY FLATBREAD

with roast butternut, crispy chickpeas & pesto

Your new favourite flatbread awaits! A thin, crisp pizza base smothered in a curry sauce of Cape Malay spice and coconut yoghurt, overflowing with roast butternut and chickpeas, hemp-coriander pesto, and rocket.

Hands-On Time: 25 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Tess Witney

 **Vegetarian**

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

800g	Butternut Chunks <i>cut into small cubes</i>
480g	Chickpeas <i>drained & rinsed</i>
4	Garlic Clove <i>peeled & grated</i>
60ml	Spice and All Things Nice Cape Malay Curry Paste
250ml	Coconut Yoghurt
2	Lemon <i>cut into wedges</i>
80g	Green Leaves <i>rinsed</i>
4	Pizza Bases
60ml	The Real Food Factory Hemp Seed and Coriander Pesto

From Your Kitchen

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

1. BEFORE YOU GET GOING Read the whole recipe. You'll find the ingredient prep instructions displayed in the ingredient list, directly under the item they apply to.

2. ROAST THE BUTTERNUT & CHICKPEAS Preheat the oven to 200°C. Spread out the butternut cubes on a tinfoil-lined roasting tray. Coat in oil, season to taste, and roast in the hot oven for 35-40 minutes. Place the drained chickpeas on a separate roasting tray, coat in oil, and season to taste. When the butternut is at the halfway mark, give it a shift and return to the oven. Pop the tray of chickpeas in the oven as well and cook for the remaining roasting time. On completion, the chickpeas should be crispy and the butternut should be cooked through and crisping up.

3. MAKE THE CURRY SAUCE Place a pan over a medium heat with a drizzle of oil. When hot, fry the grated garlic and curry paste for about a minute until fragrant, shifting constantly. Stir in three-quarters of the coconut yoghurt and simmer for 3-4 minutes, stirring continuously. On completion, add some lemon juice and seasoning to taste. Remove from the heat and set aside. Toss the rinsed green leaves with a drizzle of oil and some seasoning. Set aside for serving.

4. CRISPY FLATBREADS When the butternut and chickpeas are cooked, remove from the oven and transfer to a bowl, discarding the tinfoil. Turn the oven up to its maximum temperature. Place the pizza bases on the roasting tray and par bake in the oven for 3-5 minutes until lightly golden. You may need to do this step in batches. Or, you can use a second roasting tray – remember to heat the tray in the oven before use. Remove the bases from the oven (leaving the tray inside to stay hot) and flip over onto the other side. Smear the curry sauce over the whole surface and evenly scatter over the butternut and chickpeas. Slide the bases back onto the tray and bake for 3-4 minutes until the edges are crispy. Remove from the oven on completion. You may need to bake them in batches.

5. GRAB A PLATE! Lay the Cape Malay curry flatbread on a plate or board. Dollop over the remaining coconut yoghurt and top with the dressed green leaves. Fleck with the hemp seed and coriander pesto and finish off with a squeeze of lemon juice. Time to devour this vegan treat!



Chef's Tip

Butternut has high levels of vitamin C, vitamin E, and beta-carotene – all antioxidants that reduce inflammation and cell damage. With its naturally sweet flavour, butternut is delicious roasted, steamed, mashed with butter or coconut oil, or even grated and made into fritters!

Nutritional Information

Per 100g

Energy	562kJ
Energy	134Kcal
Protein	4.7g
Carbs	19g
of which sugars	3.1g
Fibre	3.1g
Fat	2.8g
of which saturated	0.7g
Sodium	201mg

Allergens

Gluten, Allium, Wheat, Tree Nuts

Cook
within 1
Day