



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!

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Deon Huysamer

Carb Conscious

Cathedral Cellar Wines | Cathedral Cellar-
Pinotage 2020

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Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-sized pieces</i>
60g	Chickpeas <i>drain & rinse</i>
15ml	Indian Seasoning <i>(5ml Vegetable Stock & 10ml NOMU Indian Rub)</i>
1	Onion <i>peel & finely dice ½</i>
1	Garlic Clove <i>peel & grate</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
200g	Cooked Chopped Tomato
100g	Green Beans <i>rinse & slice into thirds</i>
1	Poppadom
3g	Fresh Mint <i>rinse, pick & roughly slice</i>
50ml	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 100ml 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 ¾ of the chickpeas. Simmer, 1-2 minutes. Add a sweetener (to taste) and season.

5. CRUNCHY POPPADOM Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom, about 30 seconds per side. As soon as the poppadom starts 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 it in the microwave! Simply heat it 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 poppadom 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