



# UCCOOK

## Cape Malay Veggie Wraps

with chutney, golden sultanas & macadamia nut yoghurt

**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

**Veggie:** Serves 3 & 4

**Chef:** Ella Nasser

**Wine Pairing:** Neil Ellis Wines | Neil Ellis Wild Flower Rosé

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 609kj    | 3502kj      |
| Energy             | 146kcal  | 838kcal     |
| Protein            | 4.1g     | 23.3g       |
| Carbs              | 23g      | 134g        |
| of which sugars    | 8.9g     | 51.1g       |
| Fibre              | 3.4g     | 19.3g       |
| Fat                | 3.3g     | 19.2g       |
| of which saturated | 0.9g     | 5.4g        |
| Sodium             | 245mg    | 1410mg      |

**Allergens:** Gluten, Allium, Wheat, Sulphites, Tree Nuts

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                          |
|----------|------------|----------------------------------------------------------|
| 750g     | 1kg        | Pumpkin Chunks<br><i>cut into bite-sized pieces</i>      |
| 180g     | 240g       | Chickpeas<br><i>drain &amp; rinse</i>                    |
| 45ml     | 60ml       | Spice & All Things Nice<br>Cape Malay Curry Paste        |
| 60g      | 80g        | Spinach<br><i>rinse</i>                                  |
| 60g      | 80g        | Golden Sultanas                                          |
| 125ml    | 160ml      | Buttanut Macadamia Nut<br>Yoghurt                        |
| 30g      | 40g        | Almonds                                                  |
| 90ml     | 125ml      | Mrs Balls Chutney                                        |
| 30ml     | 40ml       | Apricot Jam                                              |
| 6        | 8          | Wheat Flour Tortillas                                    |
| 8g       | 10g        | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

**1. ROASTED PUMPKIN** Preheat the oven to 200°C. Place the pumpkin on a roasting tray, coat in oil, and season. Roast in the hot oven until cooked through and crisping up, 30-35 minutes (shifting halfway).

**2. AROMATIC CURRY** Place a pan over medium heat with a drizzle of oil. When hot, add ½ the chickpeas, the curry paste (to taste), and 300ml [400ml] of water. Mix until fully combined and use a potato masher or fork to roughly mash the chickpeas until a coarse mash. Cook for 4-5 minutes, until the liquid has almost all evaporated. In the final minute, stir in the spinach until wilted. Transfer the mixture to a bowl to cool slightly. When the pumpkin is done, add to the mixture along with ½ the sultanas and the macadamia nut yoghurt.

**3. TOASTED ALMONDS** Return the pan, wiped down, to medium heat with the almonds. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

**4. CRISPY CHICKS** Return the pan to medium heat with a drizzle of oil. Fry the remaining chickpeas until slightly crisp, 4-5 minutes (shifting occasionally). Remove from the pan and season.

**5. SAMBAL & DIP** In a bowl, combine the almonds, the crispy chickpeas, the remaining sultanas, a drizzle of olive oil, and seasoning. Set aside. In a separate bowl, combine the chutney and the apricot jam. Add water in 5ml increments until a drizzling consistency.

**6. MAKE CURRY ROLLS** Lay out the tortillas on a chopping board and top with the chickpea and pumpkin mixture. Tightly roll up into a wrap. Return the pan to a medium heat. Fry the wraps, seam-side down until golden brown, 1-2 minutes per side. (Reduce the heat if the wraps are browning too quickly). You may need to do this step in batches.

**7. TORTILLA WORTH IT** Serve the curry wraps alongside the nutty sultana sambal with the apricot chutney for dipping. Sprinkle over the coriander. Enjoy, Chef!