



UCOOK

Curry-spiced Chickpea Patties

with sushi rice & sweet chilli greens

Sticky plump sushi rice is served with tender pak choi, green beans and baby marrow, all cooked in sweet chilli sauce. This is then topped with divine crispy chickpea patties, spiced with curry paste, and packed with garlic, green onion and parsley.


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Boschendal | Stellenbosch Cabernet Sauvignon

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Ingredients & Prep

75ml	Sushi Rice
120g	Chickpeas <i>drained & rinsed</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
10ml	Thai Red Curry Paste
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
1	Garlic Clove <i>peeled & grated</i>
50ml	Panko Breadcrumbs
100g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
100g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
10ml	NOMU Provençal Rub
150g	Pak Choi <i>trimmed at the base, halved & rinsed</i>
65ml	Sweet Chilli Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Paper Towel
Egg/s

1. STICKY RICE Rinse the rice under cold water until it runs clear - this prevents the rice from becoming stodgy. Place in a lidded pot, over medium-high heat with 250ml of fresh, salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat and fluff up with a fork.

2. CHICKPEA PATTIES In a blender, add the drained chickpeas, ½ the chopped parsley, the red curry paste (to taste), the spring onion whites, 1 egg, the grated garlic (to taste), and some seasoning. Pulse until a rustic mash (don't over blend - it doesn't need to be smooth!). On completion, place in a bowl. Add the breadcrumbs and mix until fully combined. Wet your hands slightly to prevent the mixture from sticking to them and form the mixture into 3-4 patties, about 1cm thick.

3. FRY THE PATTIES Place a nonstick pan over medium-high heat with enough oil to cover the base. When hot, fry the patties for 2-3 minutes per side until browned and crispy. Remove from the pan on completion and set aside to drain on some paper towel.

4. GET THOSE GREENS GOING Return the pan, wiped down, to a medium-high heat with a drizzle of oil. When hot, add the baby marrow chunks and the sliced green beans. Fry for 3-4 minutes until lightly charred, shifting occasionally. Add the rub and fry for 30-60 seconds until fragrant, shifting constantly. Add the halved pak choi, the sweet chili and a splash of water. Cook for 1-2 minutes until the pak choi is wilted and the sauce is slightly reduced, shifting occasionally. Season to taste.

5. PATTY PARTY! Make a bed of the rice. Top with the sweet chili greens, and the chickpea patties. Drizzle over any remaining sweet chili sauce from the pan. Garnish with the remaining parsley and the spring onion greens. Enjoy!

Nutritional Information

Per 100g

Energy	398kJ
Energy	95Kcal
Protein	4.1g
Carbs	17g
of which sugars	2g
Fibre	3.1g
Fat	0.8g
of which saturated	0.1g
Sodium	142mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days