



UCOOK

Butternut Chana Masala

with brown rice & fresh mint

Literally meaning 'spiced chickpeas', this popular Indian and Pakistani dish's beautiful aromatics will be filling your home today. If you think it smells delicious, wait until you taste it, Chef! Fluffy basmati rice, topped with golden butternut and crispy chickpeas coated in a tomato-based masala sauce. Cooling raita and refreshing mint bring it all together.


Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Veggie

 Creation Wines | Creation Sauvignon
Blanc/Semillon

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Ingredients & Prep

300ml	Brown Basmati Rice <i>rinse</i>
750g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
360g	Chickpeas <i>drain & rinse</i>
150g	Cucumber <i>grate & squeeze liquid out</i>
150ml	Cashew Nut Yoghurt
8g	Fresh Mint <i>rinse, pick & roughly slice</i>
60ml	Indian Seasoning <i>(15ml Vegetable Stock & 45ml NOMU Indian Rub)</i>
2	Onions <i>peel & finely dice 1½</i>
3	Garlic Cloves <i>peel & grate</i>
2	Fresh Chillies <i>rinse, trim, deseed & finely chop</i>
600g	Cooked Chopped Tomato

From Your Kitchen

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

1. BOILING RICE Place the rinsed rice in a pot with 700ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. 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 seasoning. Set aside.

3. MINTY RAITA & VEGGIE STOCK Boil the kettle. In a bowl, combine the cucumber with the yoghurt and $\frac{3}{4}$ of the sliced mint. Season and set aside. Dilute the Indian Seasoning with 250ml of boiling water.

4. GET THOSE CHICKPEAS CRISPY When the butternut reaches the halfway mark, shift and scatter over the dressed chickpeas. Return to the oven for the remaining cooking time.

5. MASALA TIME Place a deep pan over medium heat with a drizzle of oil. When hot, fry the diced onion until beginning to brown, 8-10 minutes (shifting occasionally). Add the grated garlic and the chopped chilli (to taste). Fry until fragrant, 30 seconds - 1 minute (shifting constantly). Pour in the cooked chopped tomato and the diluted Indian seasoning. Simmer until thickened, 10-12 minutes (stirring occasionally). When the sauce has 5 minutes remaining, stir through the roasted butternut and $\frac{3}{4}$ of the chickpeas. Add a sweetener and season.

6. GET THOSE TASTE BUDS DANCING! Dish up a bowl of the steaming rice and top with the chunky chana masala. Scatter over the remaining crispy chickpeas. Garnish with the remaining sliced mint and serve with the 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	422kj
Energy	101kcal
Protein	3.6g
Carbs	18g
of which sugars	2.7g
Fibre	3.2g
Fat	1.1g
of which saturated	0.1g
Sodium	165mg

Allergens

Allium, Sulphites, Tree Nuts

Eat
within
4 Days