

UCOOK

Carrot Pilaf Rice & Coriander Chutney

with crispy onions & lentils

We're making a Middle Eastern meal today! Dish up a plate of fluffy pilaf rice loaded with fried half-moon carrot pieces, garlic & ginger, and spiced with NOMU Garam Masala rub. Add crispy lentils, a cashew, chilli & coriander chutney, and some crispy onion sprinkles.


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Veggie

 Creation Wines | Creation Viognier

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Ingredients & Prep

20g	Cashew Nuts <i>roughly chop</i>
1	Onion <i>peel & finely slice</i>
120g	Carrot <i>rinse, trim, peel & cut into thin half-moons</i>
15ml	NOMU Garam Masala Rub
1	Garlic Clove <i>peel & grate</i>
15g	Fresh Ginger <i>peel & grate</i>
100ml	Spice & All Things Nice Pilaf Rice
1	Tomato <i>rinse & roughly dice</i>
100g	Cucumber <i>rinse & dice</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
120g	Tinned Lentils <i>drain & rinse</i>
10g	Fresh Coriander <i>rinse</i>

From Your Kitchen

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

1. TOAST THE NUTS Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CRISPY ONIONS Return the pan to medium heat with enough oil to cover the base. When hot, fry the sliced onion with a pinch of salt until crispy, 10-12 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

3. RICE PILAF Place a pot (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the carrot half-moons until lightly browned, 3-4 minutes (shifting occasionally). Add the NOMU rub, the grated garlic, and ½ the grated ginger, and fry until fragrant, 1-2 minutes. Add the rice and 200ml of salted water. Mix to combine, cover, and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

4. SAMBAL In a bowl, toss together the diced tomatoes, the diced cucumber, ½ the sliced chilli (to taste), a drizzle of olive oil, and seasoning. Set aside.

5. CRISPY LENTILS Return the pan to medium-high heat with a drizzle of oil. When hot, toast the drained lentils until golden and crispy, 12-15 minutes. Remove from the pan, season, and add to the cooked rice.

6. CORIANDER CHUTNEY To a blender, add the rinsed coriander, the toasted cashew nuts, the remaining chilli (to taste), the remaining ginger, and 30ml of water. Blend until smooth, adding a splash of water if it's too thick, and season.

7. TIME TO EAT Make a bed of the loaded rice pilaf, top with a sprinkle of the crispy onions, and cover with dollops of the coriander chutney. Serve the sambal on the side. Well done, Chef!

Nutritional Information

Per 100g

Energy	599kj
Energy	143kcal
Protein	6.9g
Carbs	24g
of which sugars	2.9g
Fibre	5.8g
Fat	2.2g
of which saturated	0.4g
Sodium	169mg

Allergens

Allium, Tree Nuts

Eat
Within
4 Days