

UCCOOK

Chickpea Buttah Masala

with roasted potato & poppadoms

Experience first-class comfort with this buttah chickpea curry: a thick, creamy sauce swirled with roast potato, wilted spinach & coriander, served alongside puffed poppadom. Flavourful and currylicious!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Ella Nasser

Veggie

 Cathedral Cellar Wines | Cathedral Cellar-Pinotage 2020

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Ingredients & Prep

400g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
10ml	Vegetable Stock
240g	Chickpeas <i>drain & rinse</i>
2	Garlic Cloves <i>peel & grate</i>
20g	Fresh Ginger <i>peel & grate</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
40ml	Spice & All Things Nice Curry Paste
200g	Cooked Chopped Tomato
200ml	Coconut Cream
100g	Spinach <i>rinse & roughly shred</i>
4	Poppadoms
5g	Fresh Coriander <i>rinse & roughly chop</i>

From Your Kitchen

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

1. OVEN-GRILLED POTS Preheat the oven to 200°C and boil the kettle. Spread the potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. MEANWHILE... Dilute the stock with 200ml of boiling water and set aside.

3. LET'S GET SPICY Place a pan over medium heat with a drizzle of oil. When hot, fry the drained chickpeas, the grated garlic, the grated ginger, the sliced chilli (to taste), and the curry paste (to taste) until fragrant, 1-2 minutes (shifting constantly). Pour in the cooked chopped tomato, the coconut cream, and the diluted stock. Stir until combined and bring to a simmer. Cook until reduced to a curry-like consistency, 10-12 minutes (stirring occasionally). In the final 2 minutes, stir through the shredded spinach until wilted. Remove from the heat. Just before serving, toss through the roasted potato and season.

4. POPPADOMS? DONE! Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, 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.

5. AS TASTY AS CAN BE Pile up the loaded curry and side with the puffed poppadoms. Garnish with the chopped coriander. Sprinkle over any remaining chilli (to taste).

Nutritional Information

Per 100g

Energy	486kJ
Energy	116kcal
Protein	4.2g
Carbs	14g
of which sugars	2.1g
Fibre	2.8g
Fat	4.2g
of which saturated	2.7g
Sodium	314mg

Allergens

Allium, Sulphites

Eat
Within
4 Days