



# UCOOK

## Tikka Masala Quinoa Skillet

**with sweet potato, coriander & dried apricots**

Dive into this one pot tikka masala-spiced sweet potato & quinoa skillet of deliciousness! It is elevated with chickpeas, cooked chopped tomato, and fresh coriander. A light cucumber yoghurt is the perfect addition, adding a final flourish to this already amazing dish!

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**Hands-On Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People


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**Chef:** Megan Bure

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 Veggie

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 Boschendal | 1685 Shiraz

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## Ingredients & Prep

750g	Sweet Potato <i>rinsed, peeled (optional) &amp; cut into bite-sized chunks</i>
300g	Cucumber <i>finely diced</i>
125ml	Coconut Yoghurt
45ml	Vegetable Stock
2	Red Onions <i>1½ peeled &amp; finely diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
30ml	Tikka Masala Tandoori
225ml	Quinoa
180g	Chickpeas <i>drained &amp; rinsed</i>
300g	Cooked Chopped Tomato
30g	Dried Apricots <i>roughly chopped</i>
12g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. SWEET TATERS** Boil the kettle. Place a large pan, with a lid, over a medium heat with a drizzle of oil. When hot, add the sweet potato chunks and fry for 8-10 minutes or until starting to soften, shifting frequently.

**2. STOCK, DROP & ROLL!** In a small bowl, combine the diced cucumber, the yoghurt, and seasoning. Set aside for serving. Dilute the stock with 600ml of boiling water.

**3. TANDOORI TIME** Once the sweet potato has softened, add the diced onion to the pan. Fry for 3-4 minutes, until soft and translucent, shifting occasionally. In the final minute, add the grated garlic and the tikka masala (to taste), shifting constantly, until fragrant.

**4. COOKING UP A STORM** When the garlic is fragrant, add the quinoa, the diluted stock, the drained chickpeas, the cooked chopped tomato, and a sweetener of choice (to taste). Mix until fully combined and bring up to the boil. Once boiling, reduce the heat, cover with the lid, and leave to simmer for 20-25 minutes until the quinoa is cooked through, stirring occasionally. On completion, if there is too much liquid remaining for your liking, remove the lid and leave to simmer for a few extra minutes until desired consistency. If there is too little liquid, add an extra splash of water. Season to taste and add any remaining tikka masala if you'd like.

**5. DINNER TIME? QUINOA IT!** Bowl up a heaping helping of the tikka masala sweet potato & quinoa. Dollop over the cucumber yoghurt and scatter over the chopped apricots. Sprinkle over the chopped coriander. Well done, Chef!

## Nutritional Information

Per 100g

Energy	411kJ
Energy	98Kcal
Protein	3.2g
Carbs	18g
of which sugars	4.5g
Fibre	2.5g
Fat	1.1g
of which saturated	0.1g
Sodium	263mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days