



UCOOK

Chickpea Pakora Pops

with turmeric sauce, rotis and paw paw salsa

This tasty roti will be your taste buds' new best friend. This culinary friendship will start with the first bite of the pakora pops made from a rustic chickpea mash, NOMU Tandoori Rub spices, onion & cabbage. It will continue with a kick of curry cabbage, a cooling but zesty paw paw, onion & piquanté peppers salsa, and a very memorable turmeric sauce.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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Ingredients & Prep

10ml	Turmeric Mix <i>(2,5ml Ground Turmeric, 2,5ml Garam Masala & 5ml Dried Chilli Flakes)</i>
100ml	Coconut Cream
5g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
120g	Chickpeas <i>drained & rinsed</i>
30ml	Cake Flour
15ml	NOMU Tandoori Rub
1	Onion <i>½ peeled & roughly diced</i>
100g	Cabbage <i>rinsed & thinly sliced</i>
200g	Fresh Paw Paw <i>roughly diced</i>
20g	Piquanté Peppers <i>drained & roughly diced</i>
10ml	Lemon Juice
2	Rotis

From Your Kitchen

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

1. SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the turmeric mix until fragrant, 1-2 minutes. Mix in the coconut cream and simmer until slightly reduced, 2-3 minutes. Remove from the heat and mix in $\frac{3}{4}$ of the chopped coriander. Season and remove from the pan.

2. PREP THE POPS & SALSA In a bowl, add the drained chickpeas and mash with a potato masher or fork until a rustic mash. Add the flour, $\frac{1}{2}$ the NOMU rub, $\frac{1}{4}$ of the diced onion, $\frac{1}{4}$ of the sliced cabbage, 2 tbsp of water, and seasoning. Mix until fully combined. Roll into 10 pops per serving. In a small bowl, combine the diced paw paw, $\frac{1}{4}$ of the remaining onion, the diced peppers, the lemon juice (to taste), and seasoning.

3. FRY THE POPS Return the pan, wiped down, to medium heat with enough oil to cover the base. When hot, gently place the chickpea pops into the oil and fry until crispy and cooked through, 3-4 minutes per side. Remove from the pan and drain on a paper towel.

4. FRY THE CABBAGE Return the pan to medium heat with a drizzle of oil. When hot, fry the remaining onions, the remaining cabbage, and the remaining NOMU rub until slightly wilted but still crunchy, 1-2 minutes. Season.

5. TOAST THE ROTIS Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

6. TIME TO EAT Load each roti with the curried cabbage, the pops, and the paw paw salsa, and drizzle over the turmeric sauce. Wrap them up and enjoy, Chef!

Nutritional Information

Per 100g

Energy	566kJ
Energy	135kcal
Protein	3.7g
Carbs	19g
of which sugars	5.3g
Fibre	3.1g
Fat	4.2g
of which saturated	2.3g
Sodium	216mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within 1
Day