



UCOOK

Butternut Curry Flatbread

with **Cape Malay** spices, coriander pesto
& a creamy coconut sauce

Your new favourite flatbread awaits! A thin, crisp pizza base is smothered in a curry sauce of Cape Malay spices and coconut yoghurt, overflowing with roast butternut and chickpeas, hemp-coriander pesto, and rocket.

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Tess Witney

 Vegetarian

 Steenberg Vineyards | The Black Swan
Sauvignon Blanc

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Ingredients & Prep

400g	Butternut Chunks <i>cut into bite-sized pieces</i>
240g	Chickpeas <i>drained & rinsed</i>
20g	Pumpkin Seeds
40g	Green Leaves <i>rinsed</i>
2	Garlic Cloves <i>peeled & grated</i>
30ml	Spice & All Things Nice Cape Malay Curry Paste
125ml	Coconut Yoghurt
1	Lemon <i>cut into wedges</i>
2	Pizza Bases
30ml	The Real Food Factory Hemp Seed & Coriander Pesto

From Your Kitchen

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

1. ROAST BUTTERNUT & CHICKPEAS Preheat the oven to 200°C. Spread out the butternut pieces on a roasting tray. Coat in oil, season, and roast in the hot oven for 30-35 minutes. Place the drained chickpeas in a bowl. Toss through a drizzle of oil, season, and set aside for step 3.

2. TOASTY SEEDS & DRESSED LEAVES Place the pumpkin seeds in a saucepan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool. Place the rinsed green leaves in a bowl, and toss through a drizzle of oil and some seasoning.

3. MAKE THE CURRY SAUCE Return the saucepan to a medium heat with a drizzle of oil. When hot, fry the grated garlic and the curry paste (to taste) for about a minute until fragrant, shifting constantly. Stir through $\frac{3}{4}$ of the coconut yoghurt until the curry paste has been incorporated into the liquid. Simmer for 2-3 minutes, stirring continuously. On completion, season to taste with lemon juice, salt, and pepper. Remove the pan from the heat and set aside.

4. YOU'RE HALFWAY When the butternut reaches the halfway mark, remove from the oven and give it a shift. Scatter over the chickpeas and return to the oven for the remaining roasting time. On completion, the chickpeas should be crispy and the butternut should be cooked through and caramelised.

5. CRISPY, SPICY FLATBREAD When the butternut and chickpeas are cooked, remove from the oven and place in a bowl. Cover to keep warm and set aside. Turn the oven up to its maximum temperature and pop in a roasting tray to warm up. Once hot, slide the pizza bases onto the tray and par bake for 3-5 minutes until light gold. Remove the bases from the oven and flip over, leaving the tray inside to stay hot. Smear the curry sauce over the whole surface and evenly scatter over the butternut and chickpeas. Slide back onto the tray and bake for 4-5 minutes until the edges are crispy. Watch closely to ensure they don't burn!

6. GRAB A PLATE! Lay the coconut curry flatbreads on plates or boards. Dollop over the remaining coconut yoghurt and top with the dressed green leaves. Fleck with the hemp-coriander pesto and toasted seeds. Finish off with a squeeze of lemon juice. Time to devour this fragrant vegan treat...



Chef's Tip

The humble little lemon is packed with vitamin C. It's a powerful antioxidant, preventing cell damage by neutralising free radicals. You get the double benefit of a happy immune system and happy skin!

Nutritional Information

Per 100g

Energy	612kj
Energy	146Kcal
Protein	5.2g
Carbs	22g
of which sugars	3.1g
Fibre	3.5g
Fat	2.8g
of which saturated	0.8g
Sodium	151mg

Allergens

Gluten, Allium, Wheat, Tree Nuts

Cook
within 1
Day