



WCOOK

Chickpea Pakora Pops

with a tasty turmeric sauce, rotis & a paw paw salsa

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Delheim Wines | Delheim Chenin Blanc
(Wild Ferment)

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 595kJ | 4679kJ |
| Energy | 142kcal | 1120kcal |
| Protein | 4g | 31.7g |
| Carbs | 20g | 154g |
| of which sugars | 5.1g | 39.9g |
| Fibre | 3.2g | 25.4g |
| Fat | 4.5g | 35.2g |
| of which saturated | 2.3g | 18.3g |
| Sodium | 160mg | 1259mg |

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 10ml | 20ml | Turmeric Mix <i>(2.5ml [5ml] Ground Turmeric, 2.5ml [5ml] NOMU Garam Masala Rub & 5ml [10ml] Dried Chilli Flakes)</i> |
| 100ml | 200ml | Coconut Cream |
| 120g | 240g | Chickpeas <i>drain & rinse</i> |
| 5g | 10g | Fresh Coriander <i>rinse, pick & roughly chop</i> |
| 30ml | 60ml | Cake Flour |
| 15ml | 30ml | Spice & All Things Nice Tikka Curry Paste |
| 1 | 1 | Onion <i>peel & roughly dice ½ [1]</i> |
| 100g | 200g | Cabbage <i>rinsed & thinly slice</i> |
| 100g | 200g | Paw Paw Chunks <i>roughly dice</i> |
| 20g | 40g | Piquanté Peppers <i>drain</i> |
| 10ml | 20ml | Lemon Juice |
| 2 | 4 | Rotis |

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Seasoning (salt & pepper)
Paper Towel

1. TURMERIC 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 ¼ of the coriander. Season and remove from the pan.

2. PREP THE POPS & SALSA In a bowl, add the chickpeas and mash with a potato masher or fork until a rustic mash. Add the flour, ½ the tikka curry paste, ¼ of the onion, ¼ of the cabbage, 2 [4] tbsps of water, and seasoning. Mix until fully combined. Roll into 10 pops per serving. In a small bowl, combine the paw paw, ¼ of the remaining onion, the 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. Fry the chickpea pops 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. Fry the remaining onions, cabbage, and tikka curry paste 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!