



# 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.

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**Hands-on Time:** 50 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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 Veggie

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 Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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## Ingredients & Prep

|       |   |
|-------|---|
| 40ml  | Turmeric Mix<br><i>(10ml Ground Turmeric,<br/>10ml Garam Masala &amp;<br/>20ml Dried Chilli Flakes)</i> |
| 400ml | Coconut Cream   |
| 20g   | Fresh Coriander<br><i>rinsed, picked &amp; roughly<br/>chopped</i>                                      |
| 480g  | Chickpeas<br><i>drained &amp; rinsed</i>  |
| 125ml | Cake Flour  |
| 60ml  | NOMU Tandoori Rub   |
| 2     | Onions<br><i>peeled &amp; roughly diced</i>   |
| 400g  | Cabbage<br><i>rinsed &amp; thinly sliced</i>  |
| 800g  | Fresh Paw Paw<br><i>roughly diced</i>   |
| 80g   | Piquanté Peppers<br><i>drained &amp; roughly diced</i>  |
| 40ml  | Lemon Juice   |
| 8     | 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, 3-4 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, 8 tbsp of water, and seasoning. Mix until fully combined. Roll into 10 pops per serving. You may need to do this step in batches. 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, 2-3 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