



# UCCOOK

## Cape Malay Veggie Rotis

with chutney & golden sultanas

A rich, spicy butternut curry is rolled up in a roti before being fried to crisp perfection! Our version uses a hearty combination of chickpeas, spinach, and a cheddar-mozzarella mix as the filling to create ooey gooey richness! It is served with a sweet chutney for spooning over or for dunking.

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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 Veggie

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 Bertha Wines | Bertha Shiraz 2021

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## Ingredients & Prep

1	Butternut Whole <i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i>
120g	Chickpeas <i>drain &amp; rinse</i>
30ml	Spice & All Things Nice Cape Malay Curry Paste
40g	Spinach <i>rinse</i>
40g	Golden Sultanas
160g	Grated Cheddar & Mozzarella Cheese
20g	Almonds
80ml	Jam & Chutney <i>(60ml Mrs Ball's Chutney &amp; 20ml Apricot Jam)</i>
4	Rotis
5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. ROASTED BUTTERNUT** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. AROMATIC CURRY** Place a pan over medium heat with a drizzle of oil. When hot, add ½ the drained chickpeas, the curry paste (to taste), and 200ml of water. Use a potato masher or fork to smash the chickpeas until a coarse mash. Cook until almost all the liquid has evaporated, 4-5 minutes. In the final minute, stir in ½ the rinsed spinach until wilted. Transfer the mixture to a bowl. When the butternut is done, add to the mixture along with ½ the sultanas and the grated cheese.

**3. SALAD & DIP DIP** In a bowl, combine the remaining spinach, the almonds, the remaining chickpeas, the remaining sultanas, a drizzle of olive oil, and seasoning. In a separate bowl, combine the jam & chutney with water in 5ml increments until drizzling consistency.

**4. ASSEMBLY TIME** Lay out the rotis on a chopping board and top with the chickpea & butternut mixture. Tightly roll up into a wrap. Place a pan over medium heat. When hot, fry the wraps, seam-side down, until golden, 1-2 minutes per side. Reduce the heat if the wraps are browning too quickly.

**5. CHEESY ROLLS** Serve the cheesy curry roti wraps alongside the nutty-sultana salad with the apricot chutney for dipping. Sprinkle over the chopped coriander. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	779kJ
Energy	186kcal
Protein	6.4g
Carbs	25g
of which sugars	9.3g
Fibre	2.7g
Fat	6.2g
of which saturated	2.2g
Sodium	293mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy, Cow's Milk

Cook  
within  
4 Days