



U C O O K

— COOKING MADE EASY

CRISPY CHICKPEA MASALA

with charred cauliflower & poppadoms

People of the world, spice up your life! Have we got a vegan curry extravaganza for you: spicy, tomato-based sauce, richly infused with fresh chilli and garlic and served with minty, dairy-free raita.

Prep + Active Time: 15 minutes

Total Cooking Time: 35 minutes

 **Serves:** 1 person

 **Chef:** Deon Huysamer

 **Vegetarian**

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Ingredients

150g	Cauliflower Florets <i>cut into bite-size pieces</i>
120g	Chickpeas <i>drained & rinsed</i>
50g	Cucumber
50ml	Cashew Nut Yoghurt
5g	Fresh Mint <i>rinsed & roughly chopped</i>
5ml	Vegetable Stock
1	Onion <i>one half peeled & diced</i>
15ml	NOMU Indian Rub
1	Chilli <i>deseeded & roughly chopped</i>
1	Garlic Clove <i>peeled & grated</i>
200g	Cooked Chopped Tomatoes
2	Poppadoms

From Your Kitchen

Salt & Pepper
Sugar/Sweetener/Honey
Water
Paper Towel
Oil (cooking, olive or coconut)



CHEF'S TIP

If you prefer, you can cook the poppadoms in the microwave in 10-second bursts. Make sure to keep a close eye on them so they don't burn!

1. ROAST VEGGIES

Preheat the oven to 200°C. Spread out the cauliflower pieces and drained chickpeas on a roasting tray. Coat in oil and season. Roast in the hot oven for 25-30 minutes until the chickpeas are crispy and the cauliflower is charred, shifting halfway.

2. DAIRY-FREE RAITA

Boil the kettle. Grate the cucumber and place it between some paper towel to soak up excess liquid. Combine the cashew nut yoghurt, the grated cucumber, and three-quarters of the chopped mint in a bowl. Season to taste and set aside for serving. Dilute the vegetable stock with 100ml of boiling water.

3. MAKE THE MASALA

Place a large pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 2-3 minutes until soft and translucent, shifting occasionally. Mix in the Indian Rub and half of the chopped chilli (both to taste). Set aside the remaining chilli for another meal. Add the grated garlic and fry for another minute. Stir in the cooked chopped tomatoes and diluted vegetable stock. Bring to a simmer and cook for 5-10 minutes until thickened, stirring occasionally.

4. POP ON THOSE POPPADOMS

Place a clean pan over a medium-high heat with enough oil to cover the base. When the oil is hot, shallow fry the poppadoms one at a time for 30 seconds per side. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

5. FINAL TOUCH!

When the curry sauce has 2 minutes to go, add the roast cauliflower and half of the crispy chickpeas. Simmer for another 1-2 minutes. Season to taste and add a sweetener of choice to balance any acidity.

6. GET STUCK IN!

Dish up a bowl of the chunky chana masala and scatter over the remaining crispy chickpeas. Garnish with the remaining chopped mint and serve with the golden poppadoms and dairy-free raita on the side. Wonderful work, Chef!

Nutritional Information

Per 100g

Energy (kJ)	404
Energy (kcal)	96
Protein	4
Carbs	12
of which sugars	3
Fibre	3
Fat	3
of which saturated	0
Salt	1

Cook within: 3 days

Allergens: Allium Sulphites Tree Nuts



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Vegan



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