



UCOOK

UCOOK's Ready-to-heat Masala Curry

with white basmati rice, chickpeas &
coconut yoghurt raita

A gently-spiced, plant-based full-of-goodness curry with chickpeas, coconut milk and turmeric is served with coriander-basmati rice and a carrot sambal. Dolloped with a refreshing vegan cucumber raita and sided with crunchy poppadoms for scooping. Low effort, big impact!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: UCOOK

 Quick & Easy

 Delheim Wines | Delheim Gewürztraminer

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Ingredients & Prep

1	UCOOK Masala Chickpea Curry
100ml	White Basmati Rice
4g	Fresh Coriander
120g	Carrot
50g	Cucumber
1	Spring Onion
1	Fresh Chilli
40ml	Coconut Yoghurt
15ml	Lemon Juice
2	Poppadoms

From Your Kitchen

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

1. HEAT TO EAT See cooking instructions on the masala chickpea curry packaging. When it's done heating, add seasoning, and stir.

2. QUICK PREP Whilst the curry is heating, rinse the rice. Rinse, pick, and roughly chop the coriander. Trim, peel, and grate $\frac{1}{2}$ the carrot. Grate the cucumber and squeeze out all the liquid using a clean kitchen towel. Trim and finely slice the spring onion. De-seed and finely slice the chilli.

3. BASMATI RICE Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Add $\frac{1}{2}$ the chopped coriander, fluff with a fork and cover.

4. VEGAN RAITA In a bowl, combine the coconut yoghurt with the grated cucumber and seasoning. Set aside.

5. CARROT SAMBAL In a separate bowl, place the grated carrot and the sliced spring onions (to taste). Drizzle with the lemon juice, and season. Toss and set aside.

6. POPPADOMS Place a pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up. Alternatively, heat the poppadoms in the microwave until crispy, 20-30 seconds.

7. EAT UP! Serve up a bowl of steaming coriander rice and top with the chickpea curry. Dollop over the raita and sprinkle over the sliced chilli (to taste). Serve the carrot sambal and crispy poppadoms on the side. Garnish with the remaining coriander. Wow, Chef!

Nutritional Information

Per 100g

Energy	474kJ
Energy	113kcal
Protein	3.4g
Carbs	19g
of which sugars	3g
Fibre	3.7g
Fat	2.1g
of which saturated	1.6g
Sodium	205mg

Allergens

Allium, Sulphites

Cook
within
4 Days