



UCCOOK

Masala Baked Beans & Mint Chutney

with roasted butternut & soft rotis

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Strandveld | Adamastor White Blend

Nutritional Info

	Per 100g	Per Portion
Energy	407kJ	4240kJ
Energy	97kcal	1014kcal
Protein	2.8g	29g
Carbs	17g	173g
of which sugars	4.2g	44g
Fibre	2.4g	25.4g
Fat	1.9g	20.2g
of which saturated	0.3g	3g
Sodium	208mg	2164mg

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

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
5g	10g	Fresh Mint <i>rinse & finely chop</i>
10ml	20ml	Tangy Honey <i>(5ml [10ml] Lime Juice & 5ml [10ml] Honey)</i>
1	1	Onion <i>peel & finely slice</i>
15ml	30ml	Spice & All Things Nice Korma Curry Paste
1	1	Fresh Chilli <i>deseed & finely chop</i>
1	2	Garlic Clove/s <i>peel & grate</i>
10ml	20ml	Tomato Paste
120g	240g	Cannellini Beans <i>drain & rinse</i>
200g	400g	Cooked Chopped Tomato
100ml	200ml	Buttanut Macadamia Nut Yoghurt
2	4	Rotis

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. GOLDEN BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In a bowl, combine the mint and the tangy honey. Mix to combine and season.

2. HURRY WITH THE CURRY Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 3-4 minutes (shifting occasionally). Add the Korma curry paste, the chillies (to taste), the garlic, and the tomato paste and fry until fragrant, 2-3 minutes. Add in the cannellini beans, the cooked chopped tomatoes and 100ml [200ml] of water. Season and allow to simmer for 8-10 minutes until slightly thickened. Once complete, mix through ½ the macadamia yoghurt and a sweetener (to taste). Gently mix in the butternut.

3. WARM ROTIS Just before serving, 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.

4. SAVOUR THE FLAVOUR Dish up a generous helping of the masala baked beans. Top with a dollop of the macadamia yoghurt, followed by a drizzle of the mint chutney and side with the warm rotis. Tuck in and enjoy, Chef!