



# UCCOOK

## Creamy Vegetarian Chickpea Stew

with brown basmati rice

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Muratie Wine Estate | Muratie Melck's-Blended Red

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 607kJ    | 3774kJ      |
| Energy             | 145kcal  | 903kcal     |
| Protein            | 4.3g     | 26.6g       |
| Carbs              | 21g      | 129g        |
| of which sugars    | 3g       | 18.5g       |
| Fibre              | 3.1g     | 19.4g       |
| Fat                | 4.1g     | 25.4g       |
| of which saturated | 2.6g     | 16.4g       |
| Sodium             | 70mg     | 436mg       |

**Allergens:** Allium

**Spice Level:** None

Eat Within 5 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                               |
|----------|------------|-----------------------------------------------|
| 100ml    | 200ml      | Brown Basmati Rice<br><i>rinse</i>            |
| 1        | 1          | Onion<br><i>peel &amp; roughly dice ½ [1]</i> |
| 10ml     | 20ml       | Tomato Paste                                  |
| 10g      | 20g        | Fresh Ginger<br><i>peel &amp; grate</i>       |
| 10ml     | 20ml       | NOMU Indian Rub                               |
| 100ml    | 200ml      | Tomato Passata                                |
| 120g     | 240g       | Chickpeas<br><i>drain &amp; rinse</i>         |
| 100ml    | 200ml      | Coconut Cream                                 |
| 20g      | 40g        | Spinach<br><i>rinse</i>                       |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. **RICE, RICE BABY!** Place the rice in a pot with 300ml [500ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. **CHICK(PEA) OUT THIS STEW!** Place a pot over medium heat with a drizzle of oil. When hot, add the onion and fry until soft, 3-4 minutes (shifting occasionally). Add the tomato paste, the ginger and the NOMU rub. Fry until fragrant, 4-6 minutes (shifting constantly). Mix in the tomato passata, coconut cream, chickpeas, 50ml [100ml] of water and simmer until thickening and slightly reduced, 8-10 minutes (stirring occasionally). In the final minute, add the spinach and cook until wilted. Season and add a sweetener (to taste).

3. **LET'S EAT!** Make a bed of rice and generously cover with the creamy chickpea stew. Well done, Chef!