



UCCOOK

Cape Malay Veggie Wraps

with chutney, golden sultanas & macadamia nut yoghurt

A rich spicy curry is rolled up in a tortilla before being fried to crisp perfection! Our version uses a hearty combination of chickpeas, spinach and macadamia nut yoghurt as the filling. It is served with a sweet chutney for spooning over or for dunking!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

Veggie

Stettyn Wines | Stettyn Family Range Chenin Blanc

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
60g	Chickpeas <i>drain & rinse</i>
15ml	Spice & All Things Nice Cape Malay Curry Paste
20g	Spinach <i>rinse</i>
20g	Golden Sultanas
40ml	Buttanut Macadamia Nut Yoghurt
10g	Almonds
30ml	Mrs Balls Chutney
10ml	Apricot Jam
2	Wheat Flour Tortillas
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. ROASTED PUMPKIN Preheat the oven to 200°C. Place the pumpkin chunks on a roasting tray, coat in oil, and season. Roast in the hot oven until cooked through and crisping up, 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 100ml of water. Mix until fully combined and use a potato masher or fork to roughly mash the chickpeas until a coarse mash. Cook for 4-5 minutes, until the liquid has almost all evaporated. In the final minute, stir in the rinsed spinach until wilted. Transfer the mixture to a bowl to cool slightly. When the pumpkin is done, add to the mixture along with ½ the sultanas and the macadamia nut yoghurt.

3. TOASTED ALMONDS Return the pan, wiped down, to medium heat with the almonds. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

4. CRISPY CHICKS Return the pan to medium heat with a drizzle of oil. When hot, add the remaining chickpeas and fry until slightly crisp, 3-4 minutes (shifting occasionally). Remove from the pan and season.

5. SAMBAL & DIP In a bowl, combine the toasted almonds, the crispy chickpeas, the remaining sultanas, a drizzle of olive oil, and seasoning. Set aside. In a separate bowl, combine the chutney and the apricot jam. Add water in 5ml increments until drizzling consistency.

6. MAKE CURRY ROLLS Lay out the tortillas on a chopping board and top with the chickpea & pumpkin mixture. Tightly roll up into a wrap. Return the pan to medium heat. When hot, fry the wraps, seam-side down, until golden brown, 1-2 minutes per side. (Reduce the heat if the wraps are browning too quickly).

7. TORTILLA WORTH IT Serve the curry wraps alongside the nutty sultana sambal with the apricot chutney for dipping. Sprinkle over the chopped coriander. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	609kJ
Energy	146kcal
Protein	4.1g
Carbs	23g
of which sugars	8.9g
Fibre	3.4g
Fat	3.3g
of which saturated	0.9g
Sodium	245mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat
Within
3 Days