



# UCOOK

## Mushroom Tikka Masala

**with rotis, coconut cream, fresh mint & crispy onions**

Take a trip to tikka town! This tasty vegetarian take on tikka masala is so full of flavourful mushrooms, you won't even miss the meat. Elevated with warm cocktail rotis, creamy coconut yoghurt & fresh mint. You'll be licking the bowl!

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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 Veggie

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 Leopard's Leap | Culinaria Grand Vin

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## Ingredients & Prep

|       |                                                           |
|-------|-----------------------------------------------------------|
| 2     | Onions<br><i>1½ peeled &amp; finely diced</i>             |
| 2     | Green Bell Peppers                                        |
| 2     | Garlic Cloves<br><i>peeled &amp; grated</i>               |
| 375g  | Portobellini Mushrooms<br><i>roughly chopped</i>          |
| 15ml  | Medium Curry Powder                                       |
| 600g  | Cooked Chopped Tomato                                     |
| 150ml | Coconut Cream                                             |
| 9     | Cocktail Rotis                                            |
| 150g  | Spinach<br><i>rinsed &amp; roughly shredded</i>           |
| 15g   | Fresh Mint<br><i>rinsed, picked &amp; roughly chopped</i> |
| 30ml  | Crispy Onions                                             |
| 125ml | Coconut Yoghurt                                           |

## From Your Kitchen

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

**1. BUILD THE MASALA BASE** Place a large, deep pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 7-8 minutes. In the meantime, rinse and halve the green peppers. Set aside one ½ for another meal. Deseed the remaining halves and cut into bite-sized pieces. When the onion is soft and golden, add in the grated garlic and green pepper, and cook for 2-3 minutes, shifting regularly. Remove from the pan on completion and set aside.

**2. BRING THE FLAVOUR** Wipe down the pan and return it to a high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the chopped mushrooms for 5-6 minutes until soft and golden, shifting as they colour. You may need to do this step in batches, adding more oil or butter between batches.

**3. BRING THE BULK** When the mushrooms are cooked, reduce the heat to medium and stir in the onion and green pepper, curry powder, cooked chopped tomato, and coconut cream. Season to taste with salt, pepper, and a sweetener of choice. Simmer for 15 minutes until the sauce has reduced and the flavours are combined, stirring occasionally.

**4. WARMING UP** Place a clean pan over a medium heat. When hot, warm the rotis for about 30-60 seconds per side until heated through and lightly toasted. As you go, stack the heated ones on a plate and cover with a tea towel to keep warm. (Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds.)

**5. FINAL FIDDLES** When the masala has 2-3 minutes remaining, stir through the shredded spinach until wilted. Remove from the heat on completion.

**6. TIME TO...** Serve up this glorious veggie tikka masala! Pop a large helping of curry in a bowl, and garnish with the chopped mint and crispy onions. On the side, serve the coconut yoghurt for dolloping and the warm rotis for scooping up that yummy sauce. Enjoy your trip to tikka town!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 300kJ  |
| Energy             | 72kcal |
| Protein            | 2.1g   |
| Carbs              | 10g    |
| of which sugars    | 3.9g   |
| Fibre              | 2g     |
| Fat                | 2.5g   |
| of which saturated | 1.5g   |
| Sodium             | 176mg  |

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook  
within 3  
Days