

UCCOOK

Creamed Corn Rotis

with grains, fresh coriander & crispy onions

This dish was a fast-favourite at HQ; and how could it not be with silken cocktail rotis piled high with coconut-creamed corn fried with chilli, garlic, ginger, lentils and quinoa. We're serious when we say that these spring onion-topped, fresh coriander-sprinkled flavour blasts will have you drooling for more!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Vergelegen | Premium Chardonnay

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Ingredients & Prep

60ml	Lentil & Quinoa Mix <i>(30ml White Quinoa & 30ml Red Split Lentils)</i>
6,25ml	Golden Stock <i>(1,25ml Turmeric & 5ml Vegetable Stock)</i>
100g	Corn
1	Garlic Clove <i>peeled & grated</i>
15g	Fresh Ginger <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
100ml	Coconut Milk
22,5ml	Crispy Onion Bits
1	Lemon <i>½ zested & cut into wedges</i>
4	Cocktail Rotis
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GOLDEN GRAINS Rinse the quinoa & lentil mix and place in a pot with the golden stock. Submerge in 200ml of water and stir through. Pop on a lid, place over a medium-high heat, and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out and the red split lentils are soft, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Keep the lid on and allow to stand off the heat for at least 5 minutes.

2. DREAMY CREAMY CORN Place a pan over a medium-high heat with a drizzle of oil. Once hot, add the corn and fry for 3-4 minutes until browning. Add the grated garlic, grated ginger, chopped chilli (to taste), and spring onion whites and fry for 1-2 minutes until fragrant, shifting constantly. Mix in the coconut milk, 10ml of water and stir until combined. Reduce the heat to low and simmer for 3-5 minutes until slightly reduced. On completion, remove from the heat, season to taste and place in a bowl. Cover to keep warm.

3. TOASTY ROTIS Return the pan to a medium heat, wiping it down if necessary. When hot, warm the rotis for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds. Once heated, stack on a plate on top of one another and cover with a tea towel to keep warm.

4. ALMOST THERE... When the quinoa and lentils are done, add the creamed corn mixture to the pot along with some lemon zest to taste and some seasoning. Mix until fully combined.

5. TIME TO DINE Lay down the warm rotis and pile on the creamed corn and grain mix. Top with the crispy onions, spring onion greens and chopped coriander and a squeeze of lemon juice. Serve with any remaining lemon wedges and get stuck in!

Nutritional Information

Per 100g

Energy	817kJ
Energy	195kcal
Protein	5.4g
Carbs	30g
of which sugars	3.7g
Fibre	3.2g
Fat	6.3g
of which saturated	3.5g
Sodium	291mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within
4 Days