



UCOOK

Vegetarian Chickpea Pakora Pops

with turmeric sauce, rotis & pineapple
salsa

Once you pop this into your mouth, you won't be able to stop, Chef! Toasted roti is generously filled with NOMU infused cabbage, crispy chickpea pops, and a zesty pineapple, onion & piquanté pepper salsa. Finished with a homemade coconut cream & turmeric sauce.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Deetlefs Wine Estate | Deetlefs Estate Chenin
Blanc

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Ingredients & Prep

10ml	Turmeric Mix <i>(2,5ml Ground Turmeric, 2,5ml Medium Curry Powder & 5ml Dried Chilli Flakes)</i>
100ml	Coconut Cream
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
120g	Chickpeas <i>drain & rinse</i>
30ml	Cake Flour
15ml	NOMU Indian Rub
1	Onion <i>½ peel & roughly dice</i>
100g	Cabbage
200g	Fresh Pineapple Rings <i>cut into small bite-sized pieces</i>
20g	Piquanté Peppers <i>drain</i>
10ml	Lemon Juice
2	Rotis

From Your Kitchen

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

1. TURMERIC SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the turmeric mix until fragrant, 1-2 minutes. Mix in the coconut cream and simmer until slightly reduced, 2-3 minutes. Remove from the heat and mix in ¾ of the chopped coriander. Season and remove from the pan.

2. CHICKPEA POPS In a bowl, add the drained chickpeas and mash with a potato masher or fork until a rustic mash. Add the flour, ½ the NOMU rub, ¼ of the diced onion, ¼ of the sliced cabbage, 2 tbsp of water, and seasoning. Mix until fully combined. Roll into 10 pops per serving. In a small bowl, combine the pineapple pieces, ¼ of the remaining onion, the diced peppers, the lemon juice (to taste), and seasoning.

3. FRY UNTIL CRISPY Return the pan, wiped down, to medium heat with enough oil to cover the base. When hot, gently place the chickpea pops into the oil and fry until crispy and cooked through, 3-4 minutes per side. Remove from the pan and drain on a paper towel.

4. CURRIED CABBAGE Return the pan to medium heat with a drizzle of oil. When hot, fry the remaining onions, the remaining cabbage, and the remaining NOMU rub until slightly wilted but still crunchy, 1-2 minutes. Season.

5. READY THE ROTIS 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.

6. WOW, WHAT A FEAST Load each roti with the curried cabbage, the pops, and the pineapple salsa, and drizzle over the turmeric sauce. Garnish with the remaining coriander. Wrap them up and enjoy, Chef!

Nutritional Information

Per 100g

Energy	550kj
Energy	132kcal
Protein	3.5g
Carbs	20g
of which sugars	7g
Fibre	2.6g
Fat	3.8g
of which saturated	2g
Sodium	197mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy,
Cow's Milk

Eat
Within
4 Days