



U C O O K

— COOKING MADE EASY

SUNNY TANDOORI NACHOS

with cheesy, spiced lentils & poppadom nachos

Just when you thought nachos couldn't get any more enticing: crispy poppadoms mingling with lush tandoori lentils, strings of melted cheese, and dollops of coriander-chilli cottage cheese. Yes please.

Prep + Active Time: 20 minutes

Total Cooking Time: 25 minutes

 **Serves:** 2 people

 **Chef:** Alex Levett

 **Vegetarian**

Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients

1	Onion
	<i>peeled & sliced</i>
30ml	NOMU Tandoori Rub
400g	Lentils
	<i>drained & rinsed</i>
400g	Cooked Chopped Tomato
8	Poppadoms
150g	Grated Cheese Mix
100g	Chunky Cottage Cheese
20ml	Pesto Princess Coriander & Chilli Pesto
2	Limes
	<i>cut into wedges</i>
8g	Fresh Coriander
	<i>rinsed & roughly chopped</i>
1	Chilli
	<i>deseeded & thinly sliced</i>

From Your Kitchen

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



CHEF'S TIP

Poppadoms can also be cooked in the microwave. If you prefer to use this method, cook them in 10-second bursts, watching closely to make sure they don't burn.

0. PREP AND MAKE THE DHAL

Preheat the oven to 200°C. Place a pot over a low-medium heat with a drizzle of oil. Add the chopped onion and the Tandoori Rub to taste and fry for about 4-5 minutes until the onion is soft and translucent. Add the drained lentils and the cooked chopped tomatoes and bring to the boil. Reduce to a low heat and allow to simmer and thicken for 15-20 minutes. On completion, add seasoning and a sweetener of choice to taste.

1. POPPADOMS

Place a pan over a medium-high heat with enough oil to cover the base. When the oil is hot, shallow fry the poppadoms for 30 seconds per side, until golden and puffed up. As soon as the poppadoms start to curl, flip and flatten them out. Keep flipping and flattening until golden all over. On completion, gently break into quarters.

2. MELTING MOMENT

Spread out the tomato and lentil dhal in an even layer in an ovenproof dish and scatter over the grated cheese mix. Pop in the oven for 7-10 minutes until the cheese has melted and started bubbling. In a bowl, combine the coriander & chilli pesto with the cottage cheese.

3. TIME TO MUNCH!

Remove the cheesy dhal from the oven and either munch it right out of the dish or plate up: pile on the delicious dhal and surround with the poppadom nachos for scooping it up. Garnish with some fresh chopped chilli, fresh coriander, and dollops of pesto cottage cheese. Serve with the lime wedges. Eat it while it's hot!

Nutritional Information

Per Serving

Energy (kJ)	4327
Energy (kcal)	1034
Protein	66
Carbs	103
of which sugars	22
Fibre	37
Fat	29
of which saturated	13
Salt	6

Cook within: 4 days

Allergens: Dairy Allium Tree-Nuts



Loved the dish? Rate it online.



Crowd Pleaser



High in Protein