



UCCOOK

Creamy Sun-dried Tomato Chickpeas

with a sweet potato mash

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Nitída | Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	409kJ	2724kJ
Energy	98kcal	651kcal
Protein	2.6g	17.5g
Carbs	12g	80g
of which sugars	4.8g	31.9g
Fibre	2.3g	15.5g
Fat	3.8g	25.4g
of which saturated	2.5g	16.7g
Sodium	46mg	309mg

Allergens: Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Sweet Potato Chunks <i>rinse & cut into bite-sized pieces</i>
60g	120g	Chickpeas <i>drain & rinse</i>
65g	125g	Button Mushrooms <i>wipe clean & cut into quarters</i>
1	1	Onion <i>peel & roughly dice</i>
1	1	Garlic Clove <i>peel & grate</i>
15ml	30ml	Tomato Paste
100ml	200ml	Coconut Cream
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
40g	80g	Spinach <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Milk or Milk Alternative (optional)

Butter or Butter Alternative (optional)

1. RUSTIC MASH Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, place the sweet potato in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Place the sweet potato in a bowl with a knob of butter alternative and a splash of water or milk alternative. Mash with a fork and cover.

2. CRISPY CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

3. MMMUSHROOMS Return the pan to medium-high heat with a drizzle of oil. Fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

4. TANGY COCONUT CREAM Return the pan to medium heat with a drizzle of oil. Fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic, and the tomato paste, and fry until fragrant, 1-2 minutes. Add the coconut cream, and 100ml [200ml] of water and simmer until slightly reduced, 6-8 minutes.

5. ALMOST THERE Once the curry has thickened, add the chickpeas and allow to warm, 4-5 minutes. Remove from the heat and add the sun-dried tomatoes, the spinach, the mushrooms, and seasoning.

6. DIG INTO DINNER Plate up the rustic mash, and serve with the creamy tomato chickpeas on top. Tuck in!

Chef's Tip Coat the sweet potato in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).