



UCCOOK

Cape Malay Veggie Wraps

with chutney, golden sultanas & macadamia nut yoghurt

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Neil Ellis Wines | Neil Ellis Wild Flower Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	609kj	3502kj
Energy	146kcal	838kcal
Protein	4.1g	23.3g
Carbs	23g	134g
of which sugars	8.9g	51.1g
Fibre	3.4g	19.3g
Fat	3.3g	19.2g
of which saturated	0.9g	5.4g
Sodium	245mg	1410mg

Allergens: Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
60g	120g	Chickpeas <i>drain & rinse</i>
15ml	30ml	Spice & All Things Nice Cape Malay Curry Paste
20g	40g	Spinach <i>rinse</i>
20g	40g	Golden Sultanas
40ml	80ml	Buttanut Macadamia Nut Yoghurt
10g	20g	Almonds
30ml	60ml	Mrs Balls Chutney
10ml	20ml	Apricot Jam
2	4	Wheat Flour Tortillas
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. ROASTED PUMPKIN Preheat the oven to 200°C. Place the pumpkin on a roasting tray, coat in oil, and season. Roast in the hot oven until cooked through and crisping up, 25-30 minutes (shifting halfway).

2. AROMATIC CURRY Place a pan over medium heat with a drizzle of oil. When hot, add ½ the chickpeas, the curry paste (to taste), and 100ml [200ml] of water. Mix until fully combined and use a potato masher or fork to roughly mash the chickpeas until a coarse mash. Cook for 4-5 minutes, until the liquid has almost all evaporated. In the final minute, stir in the spinach until wilted. Transfer the mixture to a bowl to cool slightly. When the pumpkin is done, add to the mixture along with ½ the sultanas and the macadamia nut yoghurt.

3. TOASTED ALMONDS Return the pan, wiped down, to medium heat with the almonds. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

4. CRISPY CHICKS Return the pan to medium heat with a drizzle of oil. Fry the remaining chickpeas until slightly crisp, 3-4 minutes (shifting occasionally). Remove from the pan and season.

5. SAMBAL & DIP In a bowl, combine the almonds, the crispy chickpeas, the remaining sultanas, a drizzle of olive oil, and seasoning. Set aside. In a separate bowl, combine the chutney and the apricot jam. Add water in 5ml increments until a drizzling consistency.

6. MAKE CURRY ROLLS Lay out the tortillas on a chopping board and top with the chickpea and pumpkin mixture. Tightly roll up into a wrap. Return the pan to medium heat. Fry the wraps, seam-side down until golden brown, 1-2 minutes per side. (Reduce the heat if the wraps are browning too quickly).

7. TORTILLA WORTH IT Serve the curry wraps alongside the nutty sultana sambal with the apricot chutney for dipping. Sprinkle over the coriander. Enjoy, Chef!