



UCOOK

Tikka Masala Quinoa Skillet

with sweet potato, coriander & dried apricots

Dive into this one pot tikka masala-spiced sweet potato & quinoa skillet of deliciousness! It is elevated with chickpeas, cooked chopped tomato, and fresh coriander. A light cucumber yoghurt is the perfect addition, adding a final flourish to this already amazing dish!


Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Boschendal | 1685 Shiraz

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Ingredients & Prep

250g	Sweet Potato <i>rinsed, peeled (optional) & cut into bite-sized chunks</i>
100g	Cucumber <i>finely diced</i>
45ml	Coconut Yoghurt
15ml	Vegetable Stock
1	Red Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	Tikka Masala Tandoori
75ml	Quinoa
60g	Chickpeas <i>drained & rinsed</i>
100g	Cooked Chopped Tomato
10g	Dried Apricots <i>roughly chopped</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. SWEET TATERS Boil the kettle. Place a pan, with a lid, over a medium heat with a drizzle of oil. When hot, add the sweet potato chunks and fry for 6-8 minutes or until starting to soften, shifting frequently.

2. STOCK, DROP & ROLL! In a small bowl, combine the diced cucumber, the yoghurt, and seasoning. Set aside for serving. Dilute the stock with 200ml of boiling water.

3. TANDOORI TIME Once the sweet potato has softened, add the diced onion to the pan. Fry for 2-3 minutes, until soft and translucent, shifting occasionally. In the final minute, add the grated garlic and the tikka masala (to taste), shifting constantly, until fragrant.

4. COOKING UP A STORM When the garlic is fragrant, add the quinoa, the diluted stock, the drained chickpeas, the cooked chopped tomato, and a sweetener of choice (to taste). Mix until fully combined and bring up to the boil. Once boiling, reduce the heat, cover with the lid, and leave to simmer for 15-20 minutes until the quinoa is cooked through, stirring occasionally. On completion, if there is too much liquid remaining for your liking, remove the lid and leave to simmer for a few extra minutes until desired consistency. If there is too little liquid, add an extra splash of water. Season to taste and add any remaining tikka masala if you'd like.

5. DINNER TIME? QUINOA IT! Bowl up a heaping helping of the tikka masala sweet potato & quinoa. Dollop over the cucumber yoghurt and scatter over the chopped apricots. Sprinkle over the chopped coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	411kJ
Energy	98Kcal
Protein	3.2g
Carbs	18g
of which sugars	4.5g
Fibre	2.5g
Fat	1.1g
of which saturated	0.1g
Sodium	263mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days