

Loaded Butter Chickpea Curry Roll

Serves 8

INGREDIENTS

For the butter chickpea curry:

- 3 tbsp butter
- 1 onion, diced
- 1 tsp crushed garlic
- 2 tsp curry powder
- 1 tsp ground ginger
- 1 tsp cumin
- 1 tsp salt
- 1 tbsp NESTLÉ Cremora
- 1 tin (410g) tomato purée
- 2 tins (400g) chickpeas, drained and rinsed

For the dough:

- 2 cups self-raising flour
- 1 cup plain yoghurt

To assemble:

- 1 cup grated low fat cheese
- 2 tbsp butter, melted
- 2 tbsp garlic, crushed

METHOD

For the butter chickpea curry:

- 1. Heat the butter in a pan over medium heat. Stir in the onion and garlic, and cook until the onions are soft and translucent.
- 2. Stir in the curry powder, ginger, cumin, and salt. Cook for 1-2 minutes, stirring.
- 3. Whisk the NESTLÉ Cremora with 1 cup of water until it is fully incorporated.
- 4. Pour into the curry, along with the tomato purée, and simmer for 10 minutes.
- 5. Add the chickpeas and simmer for further 10 minutes. Remove from the heat.

For the dough:

- 1. Sift the flour and gently fold in the yoghurt with a spatula until the mixture forms a dough.
- 2. On a floured surface, knead the dough by hand for 5-8 minutes. If too sticky, add more flour, a little at a time, while kneading. Cover and set aside until you're ready to use your dough.



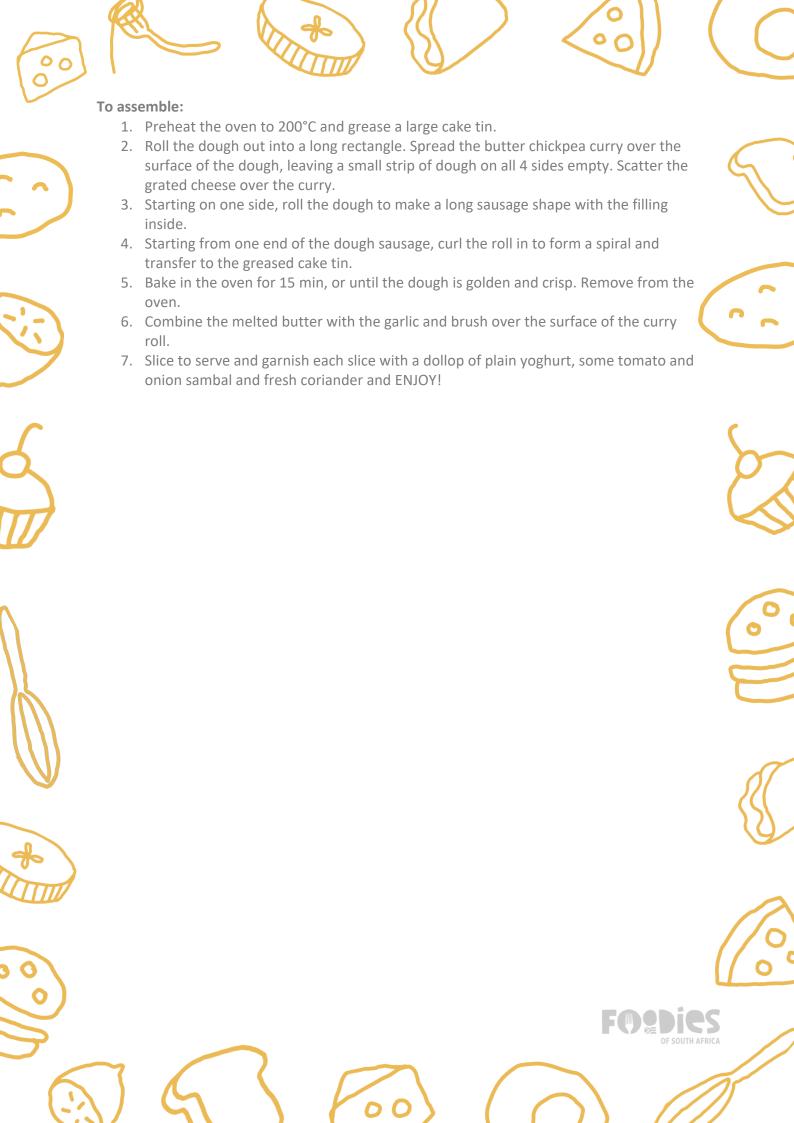














- 1 tsp salt
- 1 (410g) can tomato purée
- 1 tbsp NESTLÉ Cremora
- 2 tins (400g) chickpeas, drained and rinsed

For the dough:

- 2 cups self-rising flour
- 1 cup plain yoghurt

To assemble:

- 1/4 cup tomato puree
- 1 cup grated cheese

Serving suggestion:

Fresh coriander

Thinly sliced red onion

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