



## Loaded Butter Chickpea Curry Roll

### Ingredients

15 grams Butter, Without Salt  
60 grams Onions, Raw  
15 grams Garlic, Raw  
10 grams Spices, Curry Powder  
5 grams Spices, Ginger, Ground  
5 grams Spices, cumin seed  
5 grams Salt, Table  
410 grams Tomato Paste  
5 grams NESTLÉ Cremora Original  
400 grams Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water  
300 grams Wheat flour, whole-grain  
150 grams Yogurt, Greek, plain, nonfat  
150 grams Cheese, cheddar, reduced fat  
30 grams Butter, Without Salt  
15 grams Garlic, Raw

### Instructions

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. Stir in the curry powder, ginger, cumin, and salt. Cook for 1-2 minutes, stirring.
2. Whisk the Nestlé CREMORA Original with 1 cup of water until it is fully incorporate. Pour into the curry, along with the tomato purée. Simmer for 10 minutes.
3. Add the chickpeas. Simmer for further 10 minutes. Remove from the heat.
4. Sift the flour and gently fold in the yoghurt with a spatula until the mixture forms a dough. 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.
5. Preheat the oven to 200°C and grease a large cake tin.
6. Roll the dough out into a long rectangle. Spread the butter chickpea curry over the surface of the dough, leaving a small strip of dough on all 4 sides empty. Scatter the grated cheese over the curry.
7. Starting on one side, roll the dough to make a long sausage shape with the filling inside. Starting from one end of the dough sausage, curl the roll in to form a spiral and transfer to the greased cake tin.
8. Bake in the oven for 15 min, or until the dough is golden and crisp. Remove from the oven.
9. Combine the melted butter with the garlic and brush over the surface of the curry roll.
10. Slice to serve and garnish each slice with a dollop of plain yoghurt, some tomato and onion sambal and fresh coriander and ENJOY!

**Nutrients**

64 Minutes

Carbohydrates	51.18	8 Servings
Energy	411.34	
Fats	11.47	
Protein	17.88	