

UCCOOK

Butter Bean Stew

with carrot, curry leaves & fresh coriander

Good. Better. Butter Bean Stew! With the seasons shifting, you need a reliable, rich stew recipe for the colder nights ahead. This recipe offers layers of butter beans, tomato passata, quinoa & coconut milk - given extra warmth with the spice of curry leaves & mustard seeds. Grab a bowl, nestle on the couch, and watch a good movie for a great night in.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Strandveld | Grenache

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Ingredients & Prep

75ml	Quinoa <i>rinse</i>
10g	Sunflower Seeds
3g	Curry Leaves <i>rinse & dry</i>
5ml	Mustard Seeds
1	Onion <i>peel & finely slice</i>
120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Garlic Clove <i>peel & grate</i>
1	Celery Stalk <i>rinse & finely chop</i>
10ml	NOMU Oriental Rub
200ml	Coconut & Tomato Sauce <i>(100ml Coconut Milk & 100ml Tomato Passata)</i>
120g	Butter Beans <i>drain & rinse</i>
10ml	Lemon Juice
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. QUICK QUINOA Place the rinsed quinoa in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. AMAZING AROMAS Return the pan to medium heat with a drizzle of oil. When hot, fry the rinsed curry leaves and the mustard seeds until sizzling, 1-2 minutes (shifting occasionally). Add the sliced onion, the diced carrot, the grated garlic, the chopped celery, and the NOMU rub, and fry until golden, 8-10 minutes (shifting occasionally).

4. TANGY, CREAMY & ZESTY Add the coconut & tomato sauce and 150ml of water, and bring to the boil. Reduce the heat, cover, and simmer until reduced and thickening, 10-15 minutes (stirring occasionally). In the final 5 minutes, mix through the drained beans and the lemon juice (to taste).

5. A MEMORABLE MEAL Dish up the steaming quinoa and pour over the hearty veg stew. Garnish with the chopped coriander and the toasted seeds. Now, dig in!

Nutritional Information

Per 100g

Energy	509kJ
Energy	122kcal
Protein	4g
Carbs	18g
of which sugars	5.4g
Fibre	5.4g
Fat	4g
of which saturated	0.8g
Sodium	1207mg

Allergens

Allium, Sesame, Sulphites

Cook
within 3
Days