UCOOK

Glassy Thai Beef Broth

with pak choi, noodles & cashew nuts

Warm up your night and delight the palate with this deliciously more-ish Thai broth. Glassy rice noodles, topped with a silky broth of pak choi and Free-range beef strips. Finished off with a scattering of toasted cashews and a spicy lime slaw for freshness.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Thea Richter

♥ Health Nut

🍾 Haute Cabrière | Pinot Noir Rosé

Ingredients & Prep

40g	Cashew Nuts
400g	Shredded Cabbage & Julienne Carrot
100g	Piquanté Peppers *drained & roughly chopped*
15g	Fresh Coriander *rinsed & roughly chopped*
2	Limes *zested & cut into wedges*
20ml	Vegetable Stock
400g	Pak Choi *trimmed at the base & rinsed*
600g	Beef Schnitzel (without crumb)
60ml	Thai Red Curry Paste
500ml	Almond Milk
200g	Flat Rice Noodles
250g	Coconut Yoghurt

From Your Kitchen

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

1. GO NUTS Boil the kettle. Place the cashews in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Place ½ of the cabbage and carrot into a bowl. Add the chopped piquanté peppers, ½ of the chopped coriander, lime zest to taste and 2 tbsps of oil. Toss to combine, season generously, and add a squeeze of lime juice.

2. THAI TIME! Dilute the stock with 480ml of boiling water. Separate the pak choi leaves and stems, slice the leaves in half lengthways and roughly slice the stems. Place a pot over a high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When the oil is hot, fry the schnitzel for 1-2 minutes per side until browned but not cooked through. Remove from the pot on completion and set aside. You may need to do this in batches. Reduce to a medium-high heat, add another drizzle of oil if necessary, and fry the pak choi stems for 1-2 minutes until lightly browned. Stir through ½ of the curry paste and continue to cook for 1-2 minutes until fragrant. Pour in the diluted stock and almond milk. Stir to combine, reduce the heat and simmer for 5-7 minutes.

3. WHILE THE BROTH IS SIMMERING… Place the noodles in a shallow bowl and submerge in salted boiling water. Give a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked through and glassy. Drain on completion, toss through some oil to prevent sticking, and set aside.

4. ALL TOGETHER NOW! Slice the browned beef schnitzel into strips. When the broth has reduced and thickened, add the beef strips (and the remaining curry paste if you like it spicier). Stir to combine and add the remaining cabbage, carrots, and pak choi leaves. Cook for a further 3-4 minutes until the vegetables are wilted and the beef is cooked through. Remove from the heat, season and add a sweetener of choice to taste.

5. OH BROTH-ER! Plate up the noodles, top with the silky loaded broth, and garnish with toasted cashew nuts, remaining fresh coriander and dollops of the coconut yoghurt. Finish off with a squeeze of lime juice and serve the spicy slaw on the side. Well done, Chef!

Chef's Tip

Always add curry paste to your taste — you don't have to add it all! Taste to test the sauces' spice levels when nearing completion. Gradually stir in the remaining curry paste for increased heat.

Nutritional Information

Per 100g

Energy	388kJ
Energy	93Kcal
Protein	6.8g
Carbs	11g
of which sugars	2.5g
Fibre	1g
Fat	2.4g
of which saturated	1g
Sodium	191mg

Allergens

Allium, Sulphites, Tree Nuts

Cook within 4 Days