



UCCOOK

Thai Red Curry Rice Noodles & Beef

with fresh coriander & coconut cream

Few things can compete with an aromatic, balanced, & flavourful Thai curry. Exactly like this one, Chef! Coconut cream infused with Spice & All Things Nice Thai Red Curry Paste, soy sauce, vinegar, & sesame oil is soaked up by browned mince. Served on flat rice noodles and garnished with chilli & fresh coriander.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Suné van Zyl

Quick & Easy

Cathedral Cellar Wines | Cathedral Cellar-Pinotage 2020

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Ingredients & Prep

75g	Flat Rice Noodles
150g	Free-range Beef Mince
20ml	Spice & All Things Nice Thai Red Curry Paste
10ml	Garlic Powder
100ml	Coconut Cream
10ml	Low Sodium Soy Sauce
10ml	Apple Cider Vinegar
10ml	Sesame Oil
40g	Spinach <i>rinse</i>
5ml	Dried Chilli Flakes
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

- 1. OODLES OF NOODLES** Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 10-12 minutes. Drain and toss through a drizzle of olive oil.
- 2. TASTY THAI FLAVOURS** Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince, working quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the curry paste and the garlic powder. Fry until fragrant, 1-2 minutes. Add the coconut cream, the soy sauce, the vinegar (to taste), the sesame oil, 50ml of water, and a sweetener (to taste). Simmer until saucy and heated through, 4-5 minutes. If too thick, loosen with an extra splash of water. In the final minute, mix in the rinsed spinach, and season.
- 3. AROMATIC & AMAZING DINNER** Bowl up the noodles, top with the Thai beef curry. Scatter over the chilli flakes (to taste) and garnish with the chopped coriander.

Nutritional Information

Per 100g	
Energy	989kj
Energy	237kcal
Protein	9.1g
Carbs	19g
of which sugars	0.8g
Fibre	0.8g
Fat	14.7g
of which saturated	7.3g
Sodium	350mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Eat
Within
3 Days