



UCOOK

GOOD FOOD | GOOD PEOPLE

Silky Thai Green Curry

with baby marrows, edamame beans & tamari

A delicious, nutritious, effortless Thai curry is always a dinner champ. This coconut cream curry sauce is infused with ginger, heaped with veg, seasoned with tamari, and littered with crunchy cashews. Bring on curry night!

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba



Vegetarian

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Ingredients & Prep

200ml	Brown Basmati Rice
20g	Cashew Nut Pieces
1	Red Onion <i>peeled & finely diced</i>
30ml	Thai Green Curry Paste
2	Fresh Chilli <i>deseeded & finely sliced</i>
20g	Fresh Ginger <i>peeled & grated</i>
400ml	Coconut Cream
160g	Patty Pans <i>rinsed & quartered</i>
200g	Baby Marrow <i>rinsed, trimmed & cut into bite-size chunks</i>
80g	Edamame Beans
15ml	Tamari
8g	Fresh Basil <i>rinsed & roughly sliced</i>

From Your Kitchen

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

1. OFF YOU GO! Rinse the rice and place in a pot. Submerge in 400ml of salted water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

2. CRUNCHY CASHEWS Place the cashew pieces in a pot over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pot on completion and set aside.

3. THAI GREEN HEAVEN Return the pot to a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-5 minutes until soft. Add the curry paste and sliced chilli (both to taste) and the grated ginger. Fry for 1-2 minutes until fragrant, shifting continuously. Pour in the coconut cream and 150ml of water, and mix into the paste until fully combined. Stir in the quartered patty pans and baby marrow chunks and pop on a lid. Simmer for 12-15 minutes until the veggies are cooked al dente.

4. LOOKIN' GOOD When the curry has 1-2 minutes remaining, stir in the edamame beans and some more curry paste if you'd like to increase the spice levels. On completion, season with the tamari to taste and remove from the heat.

5. SERVE IT ALL UP Dish up a mound of steamy rice and pile some veggie curry alongside it — make sure to spoon over plenty of creamy sauce! Sprinkle with the toasted cashews, the sliced basil, and any remaining fresh chilli to taste. Easy as that, Chef!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. Remember this when you see 'al dente' in other recipes!

Nutritional Information

Per 100g

Energy	596kJ
Energy	142Kcal
Protein	3.6g
Carbs	15g
of which sugars	2.5g
Fibre	2.2g
Fat	7.8g
of which saturated	5.6g
Sodium	177mg

Allergens

Allium, Sulphites, Tree Nuts, Soy

Cook
within
4 Days