



# UCCOOK

## Green Thai Curry

with butternut, spinach & edamame beans

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Veggie:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Stettyn Wines | Stettyn Family Range  
Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	479kJ	3834kJ
Energy	115kcal	917kcal
Protein	2.5g	20.1g
Carbs	16g	130g
of which sugars	2.7g	21.5g
Fibre	1.6g	13g
Fat	4.4g	35.2g
of which saturated	3.1g	25g
Sodium	160mg	1280mg

**Allergens:** Allium, Sulphites, Tree Nuts, Soy

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel &amp; cut into bite-sized pieces</i>
75g	150g	Flat Rice Noodles
10g	20g	Cashew Nuts
1	1	Onion <i>peel &amp; roughly dice ½ [1]</i>
20g	40g	Piquanté Peppers <i>drain</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
10g	20g	Fresh Ginger <i>peel &amp; grate</i>
20ml	40ml	Green Curry Paste
200ml	400ml	Coconut Milk
20g	40g	Spinach <i>rinse</i>
50g	100g	Edamame Beans
10ml	20ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

**1. BEGIN WITH BUTTERNUT** Boil the kettle. Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. OODLES OF NOODLES** 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.

**3. TOASTED NUTS** Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. AMAZING AROMAS** Place a pot over medium heat with a drizzle of oil. When hot, fry the onion and the pepper until golden, 5-6 minutes (shifting occasionally). Add the garlic, the ginger, the curry paste (to taste), and fry until fragrant, 1-2 minutes.

**5. FAB VEGGIES** Add the coconut milk and 50ml [100ml] of water to the pot. Add the spinach, the edamame beans, and the butternut. Simmer until the spinach is wilted, 1-2 minutes. Remove from the heat and season.

**6. TASTY THAI GREEN CURRY** Make a bed of the noodles, and top with the green Thai curry. Garnish with the toasted nuts, and drizzle over the lemon juice (to taste). Enjoy.