

UCCOOK

Curried Coconut Noodle Bowl

with baby marrow & green beans

Al dente rice noodles float in a beautiful vegetable broth together with lightly golden onion & peppers, a kick of fresh chilli, coconut milk, green beans, charred baby marrow, and pops of corn. This is all brought together with a dash of soy sauce. It's yummy umami for dinner today, Chef!

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Megan Bure

 Veggie

 Strandveld | Adamastor White Blend

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Ingredients & Prep

200g	Flat Rice Noodles
400g	Green Beans <i>rinse, trim & slice into thirds</i>
40ml	Medium Curry Powder
400g	Baby Marrow <i>wipe clean & roughly slice</i>
160g	Corn
20ml	Vegetable Stock
2	Onions <i>peel & finely slice</i>
2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
400ml	Coconut Milk
60g	Piquanté Peppers <i>drain</i>
60ml	Low Sodium Soy Sauce

From Your Kitchen

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

1. NOW, THE NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 8-10 minutes. Drain and rinse in cold water.

2. CURRY GREEN BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, add the curry powder (to taste) and another drizzle of oil, if necessary. Fry until fragrant. Remove from the pan and season.

3. CHARRED MARROWS & CORN Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow pieces and the corn until lightly charred, 5-6 minutes. Remove from the pan.

4. COCO-SOY VEGGIES Dilute the stock with 1L of boiling water. Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until lightly golden, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, add the sliced chilli (to taste) and fry until fragrant. Pour in the coconut milk and the diluted stock. Simmer until slightly reduced, 6-7 minutes (shifting occasionally). Remove from the heat and stir through the cooked green beans, the peppers, the charred baby marrow & corn, the soy sauce, and seasoning.

5. BOWL OF GOODNESS Bowl up the cooked noodles and pour over the coconut broth with all the veg. Garnish with any remaining chilli for extra spice.

Nutritional Information

Per 100g

Energy	408kJ
Energy	98kcal
Protein	2.4g
Carbs	15g
of which sugars	3g
Fibre	2g
Fat	3.4g
of which saturated	2.7g
Sodium	241mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days