



UCCOOK

Butter Bean Stew

with carrot, curry leaves & fresh coriander

Good. Better. Butter Bean Stew! With the seasons shifting, you need a reliable, rich stew recipe for the colder nights ahead. This recipe offers layers of butter beans, tomato passata, quinoa & coconut milk - given extra warmth with the spice of curry leaves & mustard seeds. Grab a bowl, nestle on the couch, and watch a good movie for a great night in.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Megan Bure

 Veggie

 Strandveld | Grenache

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Ingredients & Prep

| | |
|-------|--|
| 150ml | Quinoa <i>rinse</i> |
| 20g | Sunflower Seeds |
| 5g | Curry Leaves <i>rinse & dry</i> |
| 10ml | Mustard Seeds |
| 1 | Onion <i>peel & finely slice</i> |
| 240g | Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i> |
| 1 | Garlic Clove <i>peel & grate</i> |
| 1 | Celery Stalk <i>rinse & finely chop</i> |
| 20ml | NOMU Oriental Rub |
| 400ml | Coconut & Tomato Sauce <i>(200ml Coconut Milk & 200ml Tomato Passata)</i> |
| 240g | Butter Beans <i>drain & rinse</i> |
| 20ml | Lemon Juice |
| 5g | Fresh Coriander <i>rinse, pick & roughly chop</i> |

From Your Kitchen

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

1. QUICK QUINOA Place the rinsed quinoa in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. AMAZING AROMAS Return the pan to medium heat with a drizzle of oil. When hot, fry the rinsed curry leaves and the mustard seeds until sizzling, 1-2 minutes (shifting occasionally). Add the sliced onion, the diced carrot, the grated garlic, the chopped celery, and the NOMU rub, and fry until golden, 8-10 minutes (shifting occasionally).

4. TANGY, CREAMY & ZESTY Add the coconut & tomato sauce and 300ml of water, and bring to the boil. Reduce the heat, cover, and simmer until reduced and thickening, 10-15 minutes (stirring occasionally). In the final 5 minutes, mix through the drained beans and the lemon juice (to taste).

5. A MEMORABLE MEAL Dish up the steaming quinoa and pour over the hearty veg stew. Garnish with the chopped coriander and the toasted seeds. Now, dig in!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 509kJ |
| Energy | 122kcal |
| Protein | 4g |
| Carbs | 18g |
| of which sugars | 5.4g |
| Fibre | 5.4g |
| Fat | 4g |
| of which saturated | 0.8g |
| Sodium | 1207mg |

Allergens

Allium, Sesame, Sulphites

Cook
within 3
Days