



UCOOK

Strandveld's Vegan Thai Green Curry

with butternut, pak choi & edamame beans

Warming notes of Thai green curry paste & fresh ginger sing throughout this dish; from the creamy coconut base dotted with plump edamame beans, pak choi, & fragrant pepper strips, to the golden oven-roasted butternut cubes. Finished with toasted cashew nuts for crunch and lime juice for some zestiness.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Strandveld Winery

Veggie

Strandveld | Adamastor White Blend

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel & cut into bite-sized pieces</i>
100ml	Jasmine Rice <i>rinse</i>
10ml	Cashew Nuts
1	Onion <i>peel & roughly dice ½</i>
150g	Pak Choi <i>trim, separate leaves, rinse well, roughly shred & roughly chop the stems</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
1	Garlic Clove <i>peel & grate</i>
10g	Fresh Ginger <i>peel & grate</i>
20ml	Green Curry Paste
100ml	Coconut Cream
50g	Edamame Beans
10ml	Lime Juice

From Your Kitchen

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

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. SOME NICE RICE Place the rinsed rice in a pot with 200ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

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

4. FLAVOURFUL FRYING Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion, the pak choi stems, and the pepper strips until golden, 5-6 minutes (shifting occasionally). Add the grated garlic, the grated ginger, the curry paste (to taste), and fry until fragrant, 1-2 minutes.

5. COCONUT CREAM Add the coconut cream and 100ml of water to the pot. Simmer until slightly reduced, 5-6 minutes. In the final 1-2 minutes, mix in the shredded pak choi leaves, the edamame beans, and the roasted butternut. Remove from the heat and season.

6. TO THAI FOR Make a bed of the fluffy rice, and top with the green Thai curry. Garnish with the toasted nuts, and drizzle over the lime juice (to taste). Enjoy.



Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	367kJ
Energy	88kcal
Protein	2.3g
Carbs	14g
of which sugars	2.3g
Fibre	1.7g
Fat	2.5g
of which saturated	1.6g
Sodium	114mg

Allergens

Allium, Sulphites, Tree Nuts, Soy

Eat
Within
4 Days