



UCCOOK

Hearty Veggie Stew

with harissa yoghurt, poppadoms & fresh coriander

Hands-on Time: 25 minutes

Overall Time: 30 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	273kj	1838kj
Energy	65kcal	440kcal
Protein	3.2g	21.8g
Carbs	8g	57g
of which sugars	3g	20g
Fibre	2g	15g
Fat	1.9g	12.7g
of which saturated	0.3g	1.8g
Sodium	261.5mg	1761.3mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Almonds <i>roughly chop</i>
1	1	Onion <i>peel & finely dice</i>
1	1	Garlic Clove <i>peel & grate</i>
15ml	30ml	Spice & All Things Nice Cape Malay Curry Paste
100g	200g	Cooked Chopped Tomato
60g	120g	Cannellini Beans <i>drain & rinse</i>
200g	400g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
50g	100g	Spinach <i>rinse & roughly shred</i>
40ml	80ml	Greek Yoghurt
15ml	30ml	Pesto Princess Harissa Paste
2	4	Poppadoms
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water

1. AMAZING ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. HURRY WITH THE YUMMY CURRY Return the pan to medium heat and lightly add cooking spray. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic and the curry paste (to taste), and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the cooked chopped tomato and 150ml [300ml] of water. Stir until the curry paste is incorporated into the liquid and bring to a boil. Once boiling, lower the heat and simmer until the sauce is reduced, 10-15 minutes. In the final 5-8 minutes, stir through the beans, baby marrow and the spinach until wilted. Loosen with a splash of water if it's too thick. Remove from the heat, cover, and set aside.

3. HARISSA YOGHURT In a small bowl, combine the yoghurt with the harissa paste (to taste). Add seasoning and aside.

4. PREP THE POPPADOMS Heat the poppadoms in the microwave until crispy, 20-30 seconds. Alternatively, air-fry at 180°C until crispy, 3-4 minutes.

5. EAT TO YOUR HEART'S DELIGHT Bowl up the curry and dollop over the harissa yoghurt. Garnish with the coriander and the toasted almonds. Serve the poppadoms on the side for scooping!