



# U COOK

— COOKING MADE EASY

## Vibrant Thai Green Curry

**with patty pans, charred aubergine & creamy coconut milk**

Luscious coconut sauce infused with curry paste and heaped with aubergine, patty pans, and green beans. Scatter with cashews, freshen with basil and pickled radish, and spoon over sleek rice noodles. Delicious, nutritious, effortless!

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**Hands-On Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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 **Vegetarian**

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## Ingredients & Prep

5ml	Vegetable Stock
15ml	White Wine Vinegar
20g	Radish <i>rinsed &amp; finely sliced</i>
15g	Cashew Nuts
250g	Aubergine <i>rinsed &amp; cut into bite-size chunks</i>
15ml	Thai Green Curry Paste
200ml	Coconut Milk
80g	Patty Pans <i>rinsed, trimmed &amp; quartered</i>
80g	Green Beans <i>rinsed, trimmed &amp; sliced into thirds</i>
50g	Flat Rice Noodles
4g	Fresh Basil <i>rinsed &amp; finely sliced</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. GET PICKLING** Boil the kettle. Dilute the stock with 65ml of boiling water and set aside for step 4. In a bowl, combine the white wine vinegar with 2 tbsp of water. Add in 1 tsp of a sweetener of choice and mix until dissolved. Toss through the sliced radish and set aside to pickle.

**2. TOAST THE CASHEWS** Place a pot for the curry over a medium heat. Pop in the cashew nuts and toast for 3-5 minutes until golden, shifting occasionally. Remove from the pot on completion and set aside. Roughly chop when cool enough to handle.

**3. FRAGRANT THAI FLAVOURS** Return the pot to a medium heat with a drizzle of oil. When hot, fry the aubergine chunks for 2-3 minutes until starting to brown. Add the curry paste to taste and fry for 30-60 seconds until fragrant, shifting constantly to coat the aubergine. Pour in the coconut milk and diluted stock, and mix until the paste has been incorporated into the liquid. Stir through the quartered patty pans and sliced green beans and pop on a lid. Simmer for 8-10 minutes until the veg is cooked through and the curry flavours have fully developed. On completion, season to taste with salt, pepper, and a sweetener of choice.

**4. WHILE THE CURRY IS SIMMERING...** Reboil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked through and glassy. Drain on completion and toss through some oil to prevent sticking. Just before serving, drain the pickled radish – lose or reuse the pickling liquid as you wish!

**5. CURRY NIGHT – YES PLEASE!** Dish up the silky noodles and pile the veggie curry next to them – make sure to spoon over plenty of creamy sauce! Garnish with the chopped, toasted cashews, the sliced basil, and the pickled radish. Simply beautiful, Chef!



## Chef's Tip

Always add curry paste to your taste preference – you don't have to add it all! When the sauce is nearing completion, taste to test the spice levels. If you'd like to increase the heat, gradually stir in any remaining curry paste.

## Nutritional Information

Per 100g

Energy	376kJ
Energy	90Kcal
Protein	1.6g
Carbs	11g
of which sugars	2.4g
Fibre	2g
Fat	4.8g
of which saturated	3.8g
Sodium	193mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days