



UCCOOK

Thai Coconut, Broccoli & Coriander Soup

with crispy onion bits & toasted ciabatta

A creamy and fragrant Thai green curry-style soup featuring coconut cream and broccoli bits is paired perfectly with fresh coriander and a scattering of zesty tomato salsa and crispy onion bits. Served with toasted ciabatta rounds for dunking.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Veggie

 Cathedral Cellar Wines | Cathedral Cellar-
Sauvignon Blanc 2022

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Ingredients & Prep

1	Onion <i>peel & roughly dice ½</i>
10ml	Green Curry Paste
200ml	Coconut Cream
100g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
1	Tomato <i>rinse & finely dice</i>
15ml	Lemon Juice
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
20g	Spinach <i>rinse</i>
1	Ciabatta <i>cut into thick rounds</i>
5ml	Crispy Onion Bits

From Your Kitchen

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

1. AROMATICS Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Stir in the curry paste (to taste) and fry until fragrant, 1-2 minutes (shifting constantly).

2. CREAMY SOUP Pour in the coconut cream and 150ml of water, and bring to a boil. Add the broccoli pieces, reduce the heat, and simmer until the broccoli is tender and cooked, 6-8 minutes.

3. TOUCH OF FRESHNESS In a bowl, toss the diced tomato with the lemon juice (to taste), ½ the chopped coriander, seasoning, and a drizzle of olive oil. Set aside.

4. SMOOTH OPERATOR Remove the soup from the heat and stir through the rinsed spinach, the remaining chopped coriander, and seasoning. Place into a blender and pulse until smooth. Return to the pot and cover. If the soup is too thick, loosen with a splash of hot water until desired consistency.

5. TOASTY CIABATTA Spread butter (optional) or oil over the ciabatta rounds. Place a pan over medium heat. When hot, toast the ciabatta rounds. until golden, 1-2 minutes per side.

6. TIME TO DINE Bowl up a generous helping of the coriander and broccoli soup. Top with a sprinkle of the marinated tomatoes and the crispy onion. Serve alongside the toasted ciabatta rounds for dipping. Nice one, Chef!

Nutritional Information

Per 100g

Energy	614kJ
Energy	147kcal
Protein	4g
Carbs	23g
of which sugars	2.8g
Fibre	2.4g
Fat	4.4g
of which saturated	1.1g
Sodium	930mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Eat
Within
2 Days