



# UCCOOK

## Paserene's Coconut Veg Curry

with broccoli, corn & toasted cashews

It's wild, it's nutty, and it's hot! A coconut cream red curry sauce is amped up with charred broccoli & corn and served atop flavourful brown & wild rice. Garnished with toasted cashew nuts & coconut flakes.

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Paserene

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 Veggie

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 Paserene | Rosie Rosé

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## Ingredients & Prep

100ml	Brown & Wild Rice <i>rinsed</i>
10g	Cashew Nuts <i>roughly chopped</i>
10g	Coconut Flakes
1	Onion <i>½ peeled &amp; finely diced</i>
120g	Carrot <i>trimmed, peeled &amp; roughly diced</i>
130ml	Curry Sauce <i>(100ml Coconut Cream, 10ml Red Curry Paste, 10ml Tomato Paste &amp; 10ml Lemon Juice)</i>
200g	Broccoli Florets <i>cut into bite-sized pieces</i>
50g	Corn

## From Your Kitchen

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

**1. WILD RICE** Place the rinsed rice in a pot with 300ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 30-35 minutes. Drain (if necessary) and cover.

**2. TOAST THE NUTS** Place the chopped cashews and coconut flakes in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CURRY SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion and diced carrot until golden, 5-6 minutes (shifting occasionally). Pour in the curry sauce and 150ml of water. Simmer until reduced by half and thickening, 8-10 minutes.

**4. CHAR THE BROCC** Place a pan, with a lid, over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover, and simmer until al dente, 1-2 minutes. Remove from the pan, season and set aside.

**5. MIX IT UP** When the sauce has reduced, remove from the heat and mix through the cooked broccoli and corn.

**6. COSY CURRY NIGHT** Plate up a generous helping of the rice and top with the veg curry. Finish with scatterings of the toasted nuts and coconut flakes. Dig in!

## Nutritional Information

Per 100g

Energy	564kJ
Energy	135kcal
Protein	4.1g
Carbs	19g
of which sugars	2.9g
Fibre	3.2g
Fat	4.9g
of which saturated	3.4g
Sodium	77mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days