



U C O O K

— COOKING MADE EASY

RAINBOW THAI CURRY

with charred broccoli, red piquanté peppers, golden cashews & nutty black rice

Eat a rainbow of nourishment! This coconut cream Thai green curry is brimming with a colourful medley of veg. With lush black rice and toppings of spring onion, fresh coriander, and cashews toasted in turmeric.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Vegetarian**

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Ingredients & Prep

75ml	Black Rice
10ml	Vegetable Stock
15g	Cashew Nut Pieces
1.25ml	Turmeric Powder
150g	Broccoli Florets <i>cut into bite-size pieces</i>
1	Spring Onion <i>roughly sliced</i>
120g	Carrot <i>peeled (optional) & cut into bite-size chunks</i>
15ml	Thai Green Curry Paste
100ml	Coconut Cream
25g	Piquanté Peppers <i>drained & roughly chopped</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. BUBBLING BLACK RICE Rinse the rice and place in a pot with the stock and 300ml of salted water. Give it a stir, pop on a lid, and place over a medium heat. Once boiling, reduce the heat and simmer with the lid on for 30-35 minutes until the water has been absorbed. On completion, the rice should be cooked but still bouncy. If it starts to dry out during the cooking process, add more water in small increments to continue. Remove from the heat on completion and drain if necessary. Cover with the lid and set aside until serving.

2. TURMERIC-TOASTED CASHEWS Place the cashew nut pieces in a pot over a medium-high heat. Toast for 3-5 minutes until golden brown, shifting occasionally. At the halfway mark, add in the turmeric and toss until coated. Remove from the pot on completion and set aside for serving.

3. CHAR THE ALMIGHTY BROCCOLI! Return the pot to a medium heat with a drizzle of oil. When hot, fry the broccoli pieces for 4-5 minutes until lightly charred. Add a splash of water, cover with a lid, and simmer for 1-2 minutes until cooked but still al dente. Remove from the pot on completion, season to taste, and set aside.

4. RUSTLE UP THE RAINBOW CURRY Return the pot to the heat with another drizzle of oil. When hot, sauté the carrot chunks and sliced spring onion for 3-5 minutes until al dente. Stir in the curry paste (to taste) and fry for another minute until fragrant, shifting constantly. Pour in the coconut cream and mix until combined with the curry paste. Bring to a simmer and cook for 2-3 minutes until the veg is soft and the sauce has thickened. When nearing completion, stir in the chopped piquanté peppers, the charred broccoli, and three-quarters of the chopped coriander. Simmer until heated through, season to taste, and remove the pot from the heat.

5. TIME TO EAT! Spoon some rainbow-coloured Thai curry into a bowl and sprinkle over the golden turmeric cashews. Garnish with the remaining chopped coriander and side with the decadent black rice. What wonderful aromas, 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 and gradually add in any remaining curry paste if you'd like to increase the heat.

Nutritional Information

Per 100g

Energy	581kJ
Energy	139Kcal
Protein	3.5g
Carbs	19g
of which sugars	3.2g
Fibre	3.4g
Fat	5.5g
of which saturated	3.5g
Sodium	400mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days