



UCCOOK

Lush Coconut Curry Noodles

with toasted peanuts

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	676kJ	2954kJ
Energy	162kcal	707kcal
Protein	5.1g	22.4g
Carbs	19g	84g
of which sugars	1.1g	4.7g
Fibre	1.3g	5.8g
Fat	7.7g	33.7g
of which saturated	4.6g	20.2g
Sodium	379mg	1655mg

Allergens: Soya, Allium, Peanuts, Sulphites

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]		
225g	300g	Flat Rice Noodles
30g	40g	Peanuts <i>roughly chop</i>
15ml	20ml	Cornflour
300ml	400ml	Coconut Milk
330g	440g	Non-GMO Tofu <i>drain & pat dry</i>
75ml	100ml	Spice & All Things Nice Thai Red Curry Paste
3	4	Garlic Cloves <i>peel & grate</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
150g	200g	Spinach <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. OODLES OF NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. NUTS & COCONUT SLURRY Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Combine the cornflour with a splash of warm water, mixing to form a slurry. Dilute the slurry with the coconut milk and set aside.

3. TASTY TOFU Return the pan to medium heat with a drizzle of oil. Fry the tofu, breaking it up as it fries, to resemble a mince-like appearance, 4-5 minutes (shifting constantly). Remove it from the pan and set aside.

4. CURRY, CORIANDER & CHILLI Return the pan to medium heat. Fry the curry paste (to taste), the garlic and the ginger until fragrant, 1-2 minutes (stirring constantly). Add in the coconut-cornflour slurry, ½ the coriander, some chilli (to taste) and a sweetener (to taste). Simmer until thickened to your desired consistency, 5-6 minutes (stirring occasionally). In the final 2-3 minutes, add in the spinach, cooking until wilted.

5. THE REUNION Remove the sauce from the heat and toss through the rice noodles and the tofu. Add a splash of water if your sauce is too thick.

6. TO THAI FOR Plate up the Thai-style noodles, topped with the toasted peanuts, the remaining coriander and some chilli (to taste). Dinner is ready, Chef!