



# UCCOOK

## Baby Marrow Stew

**with harissa yoghurt, poppadoms & fresh coriander**

Dive into a fragrant curry of tender baby marrows infused with Cape Malay spices. Crowned with dollops of zesty harissa yoghurt, toasted almonds, and a sprinkle of fresh coriander. Served with crispy poppadoms for scooping.

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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 Carb Conscious

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 Simonsig | Die Kluisenaar White Blend

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## Ingredients & Prep

20g	Almonds <i>roughly chopped</i>
1	Onion <i>peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
30ml	Spice & All Things Nice Cape Malay Curry Paste
200g	Cooked Chopped Tomato
150g	Spinach <i>rinsed &amp; roughly shredded</i>
80ml	Greek Yoghurt
40ml	Pesto Princess Harissa Paste
400g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized pieces</i>
1	Poppadoms
5g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. GOLDEN ALMONDS** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. HURRY WITH THE CURRY** Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the curry paste (to taste), and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the cooked chopped tomato and 300ml of water. Stir until the curry paste is incorporated into the liquid and bring to a boil. Once boiling, lower the heat and simmer until the sauce is reduced, 10-12 minutes. In the final 5 minutes, stir through the shredded spinach until wilted. Loosen with a splash of water if it's too thick. Remove from the heat, cover, and set aside.

**3. CREAMY & ZESTY** In a small bowl, combine the yoghurt with the harissa paste (to taste), a drizzle of oil, seasoning, and a splash of water. Set aside.

**4. CHARRED MARROWS** Place a clean pan or griddle pan over medium heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 3-4 minutes. Remove from the pan and season.

**5. PUFF THE POPPADOMS** Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up. Alternatively, heat the poppadoms in the microwave until crispy, 20-30 seconds.

**6. INDULGE!** Bowl up the curry sauce and top with the charred baby marrow. Dollop over the harissa yoghurt and garnish with the chopped coriander and the toasted almonds. Serve the poppadoms on the side for scooping!

## Nutritional Information

Per 100g

Energy	267kJ
Energy	64kcal
Protein	3.3g
Carbs	7g
of which sugars	3.1g
Fibre	2.1g
Fat	2.3g
of which saturated	0.3g
Sodium	332mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days