



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.


Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Paserene

 Veggie

 Paserene | Rosie Rosé

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Ingredients & Prep

200ml	Brown & Wild Rice <i>rinsed</i>
20g	Cashew Nuts <i>roughly chopped</i>
20g	Coconut Flakes
1	Onion <i>peeled & finely diced</i>
240g	Carrot <i>trimmed, peeled & roughly diced</i>
260ml	Curry Sauce <i>(200ml Coconut Cream, 20ml Red Curry Paste, 20ml Tomato Paste & 20ml Lemon Juice)</i>
400g	Broccoli Florets <i>cut into bite-sized pieces</i>
100g	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 600ml 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 300ml 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