



# U C O O K

— COOKING MADE EASY

## Creamy Cashew Satay

**with roast butternut, pak choi & cashew nut butter**

This satay sauce has a cashew butter and coconut cream base with notes of fresh lime, garlic, ginger, and chilli. Overflowing with pak choi, roast butternut, and silky rice noodles. Light, fresh, and flavourful: a perfect curry for warmer evenings!

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**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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 **Vegetarian**

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## Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-size pieces</i>
100g	Pak Choi
5ml	Vegetable Stock
15g	Fresh Ginger <i>peeled &amp; grated</i>
1	Garlic Clove <i>peeled &amp; grated</i>
1	Fresh Chilli <i>deseeded &amp; thinly sliced</i>
30ml	Cashew Nut Butter
100ml	Coconut Cream
50g	Flat Rice Noodles
1	Lime <i>zested &amp; cut into wedges</i>
4g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. ROAST THE BUTTERNUT** Preheat the oven to 200°C. Place the butternut pieces on a roasting tray. Coat in oil, season to taste, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway. Remove from the oven on completion.

**2. TIME FOR PAK CHOI PREP** Boil the kettle. Trim the base off the pak choi, separate the leaves, and rinse well. Slice the green, leafy parts in half lengthways and set aside. Finely slice the stems, keeping them separate from the green leaves. Dilute the stock with 125ml of boiling water and set aside.

**3. START THE SATAY** When the butternut reaches the halfway mark, place a pot over a medium heat with a drizzle of oil. When hot, fry the pak choi stems for 2-3 minutes until slightly softened, shifting frequently. Add the grated ginger, grated garlic, and sliced chilli (to taste) and sauté for another minute until fragrant. Whisk in the cashew butter and 1 tbsp of a sweetener of choice, and stir until the pak choi is coated. Then, vigorously whisk in the coconut cream and diluted stock. Allow to simmer for 4-5 minutes until thickened and silky, stirring occasionally.

**4. WHILE THE SATAY SIMMERS...** Reboil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked through and glassy. Taste to test, drain on completion, and return to the bowl. Toss through some oil to prevent sticking, replace the plate, and set aside to keep warm until serving.

**5. SILKY SATAY CURRY** Once the satay has thickened, whisk in some lime zest and the juice of 2 lime wedges (or you can add it to taste, but we encourage using a generous amount of lime!) Add the pak choi leaves and cook for 1-2 minutes until wilted. To finish, stir through the roast butternut and three-quarters of the chopped coriander. Season to taste and remove from the heat on completion.

**6. BOWL IT UP!** Make a bed of glossy rice noodles and spoon over the cashew satay butternut. Garnish with the remaining chopped coriander and any remaining chilli to taste. Serve with a lime wedge on the side. Yum!



## Chef's Tip

Get the butternut in the oven before prepping the other ingredients – you'll have the time! To prevent the satay from curdling, ensure your pan isn't too hot before whisking in the cashew butter. We suggest using a heavy bottomed saucepan so that it doesn't get too hot too quickly.

## Nutritional Information

Per 100g

Energy	518kJ
Energy	124Kcal
Protein	2.7g
Carbs	15g
of which sugars	1.8g
Fibre	1.8g
Fat	5.6g
of which saturated	3g
Sodium	144mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within 1  
Day