



U C O O K

— COOKING MADE EASY

THAI FUSION STIR-FRY

with portobello mushrooms, quinoa & kale

Continents meet in this delectable stir-fry with spiced quinoa. Chunky, caramelised mushies and vibrant kale sautéed in Thai red curry paste, fresh lemon juice, and sesame oil. Fusion perfection!

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Alex Levett

 **Vegetarian**

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Ingredients & Prep

100ml	White Quinoa
5ml	NOMU Oriental Rub
10ml	Coconut Sugar
7.5ml	Ongs Sesame Oil
10ml	Lemon Juice
10ml	Thai Red Curry Paste
2	Portobello Mushrooms gently wiped & thickly sliced
1	Onion one half peeled & diced
50g	Kale rinsed & roughly shredded
3g	Fresh Coriander rinsed & roughly chopped
15g	Pickled Ginger drained & roughly chopped
5ml	Toasted Sesame Seeds

From Your Kitchen

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

1. BEFORE YOU GET GOING Read the whole recipe. The prep instructions are displayed in the ingredient list, directly under the item they apply to. You can either do all your prep before you start, or as you get to each item in the method.

2. NUTTY QUINOA Rinse the quinoa and place in a pot. Submerge in 200ml of water and stir through the Oriental Rub. Bring to a simmer and cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

3. THAI SAUCE & KALE In a bowl, combine the coconut sugar to taste, the sesame oil, and the lemon juice. Add the Thai red curry paste to taste and mix well to combine. Place the shredded kale in a bowl with a drizzle of oil and a pinch of salt. Using your hands, massage the kale until soft and coated in oil. Set aside for the stir-fry.

4. FRY THE MUSHROOMS Place a large pan or wok over a medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms for 3-5 minutes per side until soft and caramelised. Remove from the pan on completion and season to taste.

5. STIR-FRY TIME! Return the pan or wok to a medium heat with another drizzle of oil. When hot, fry the diced onion for 1-2 minutes until soft and translucent, shifting occasionally. Add the Thai curry paste mixture and fry for 1 minute until fragrant, stirring continuously. Add the soft kale and sauté for 1-2 minutes. Add the cooked mushrooms and heat through for 1-2 minutes. Remove the pan from the heat on completion.

6. SUPPERTIME! Dish up some fluffy quinoa and top with a pile of stir-fried veggies. Garnish with the chopped coriander, toasted sesame seeds, and chopped, pickled ginger. Dig in!



Chef's Tip

Quinoa is a great high-protein, high-fiber alternative to other grains. Plus, it's high in magnesium and calcium, which help to produce vital, oxygen-carrying red blood cells.

Nutritional Information

Per 100g

Energy	524kj
Energy	125Kcal
Protein	4g
Carbs	19g
of which sugars	5g
Fibre	3g
Fat	4g
of which saturated	0g
Salt	0g

Allergens

Allium, Sesame, Sulphites

Cook
within 3
Days