



UCCOOK

Thai Red Curry Rice Noodles & Beef

with fresh coriander & coconut cream

Few things can compete with an aromatic, balanced, & flavourful Thai curry. Exactly like this one, Chef! Coconut cream infused with Spice & All Things Nice Thai Red Curry Paste, soy sauce, vinegar, & sesame oil is soaked up by browned mince. Served on flat rice noodles and garnished with chilli & fresh coriander.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Suné van Zyl

Quick & Easy

Cathedral Cellar Wines | Cathedral Cellar-Pinotage 2020

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Ingredients & Prep

| | |
|-------|--|
| 300g | Flat Rice Noodles |
| 600g | Free-range Beef Mince |
| 80ml | Spice & All Things Nice Thai Red Curry Paste |
| 40ml | Garlic Powder |
| 400ml | Coconut Cream |
| 40ml | Low Sodium Soy Sauce |
| 40ml | Apple Cider Vinegar |
| 40ml | Sesame Oil |
| 160g | Spinach <i>rinse</i> |
| 20ml | Dried Chilli Flakes |
| 10g | Fresh Coriander <i>rinse, pick & roughly chop</i> |

From Your Kitchen

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

- 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. TASTY THAI FLAVOURS** Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince, working quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Add the curry paste and the garlic powder. Fry until fragrant, 1-2 minutes. Add the coconut cream, the soy sauce, the vinegar (to taste), the sesame oil, 200ml of water, and a sweetener (to taste). Simmer until saucy and heated through, 5-6 minutes. If too thick, loosen with an extra splash of water. In the final minute, mix in the rinsed spinach, and season.
- 3. AROMATIC & AMAZING DINNER** Bowl up the noodles, top with the Thai beef curry. Scatter over the chilli flakes (to taste) and garnish with the chopped coriander.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 989kj |
| Energy | 237kcal |
| Protein | 9.1g |
| Carbs | 19g |
| of which sugars | 0.8g |
| Fibre | 0.8g |
| Fat | 14.7g |
| of which saturated | 7.3g |
| Sodium | 350mg |

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Eat
Within
3 Days