



# UCOOK

## Coconut Beef Mince Curry

with baby marrow & toasted almonds

A layered, lip-smacking curry with complex flavours. Combine red curry paste, beef mince, garlic, onion & coconut cream, and enjoy the enticing aromas filling your kitchen before plating the curry up next to a charred baby marrow & greens salad. Finish with a lemony Greek yoghurt and toasted almonds.

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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Carb Conscious

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Cathedral Cellar Wines | Cathedral Cellar-Pinotage 2020

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## Ingredients & Prep

10g	Almonds <i>roughly chop</i>
1	Onion <i>peel &amp; finely dice ½</i>
150g	Free-range Beef Mince
1	Garlic Clove <i>peel &amp; grate</i>
15ml	Red Curry Paste
100ml	Coconut Cream
150g	Baby Marrow <i>rinse, trim &amp; cut into 1cm thick rounds</i>
40ml	Greek Yoghurt
10ml	Lemon Juice
20g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. FOR THE CRUNCH** 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. COCO-CURRY MINCE** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the grated garlic and the curry paste, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut cream and simmer until heated through, 2-3 minutes (shifting occasionally). Remove from the heat and season. Cover and set aside.

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

**4. ZESTY YOGHURT** In a small bowl, combine the yoghurt with a ¼ of the lemon juice and seasoning.

**5. SIMPLE SALAD** In a bowl, toss together the shredded leaves, the charred baby marrow, and the remaining lemon juice.

**6. THE BIG PICTURE** Make bed of the creamy coconut curry mince, top with the baby marrow salad, dollop over the yoghurt, and garnish with the toasted nuts. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the baby marrow rounds in oil and season. Air fry at 200°C until cooked through, 10-15 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	517kJ
Energy	124kcal
Protein	6.1g
Carbs	5g
of which sugars	2.1g
Fibre	1g
Fat	8.5g
of which saturated	4.4g
Sodium	124mg

## Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
3 Days