



# UCOOK

— COOKING MADE EASY

## JAZZY THAI RED CURRY

with black rice, piquanté peppers & charred broccoli

The snazziest Thai curry you'll have the pleasure of eating. A creamy sauce snapping with fresh ginger, swimming with broccoli, and strewn with spring onion, peppers, and cashews. The best part? Lush black rice...

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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:** Samantha Finnegan

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 **Vegetarian**

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## Ingredients & Prep

100ml	Black Rice
15g	Cashew Nut Pieces
10ml	Vegetable Stock
150g	Broccoli Florets <i>cut into bite-size pieces</i>
120g	Carrots <i>peeled &amp; cut into bite-size chunks</i>
15g	Fresh Ginger <i>peeled &amp; grated</i>
15ml	Thai Red Curry Paste
100ml	Coconut Cream
25g	Piquanté Peppers <i>drained &amp; roughly chopped</i>
1	Spring Onion <i>thinly sliced on the diagonal</i>
15ml	The Real Food Factory Hemp Seed and Coriander Pesto

## From Your Kitchen

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

**1. SULTRY BLACK RICE** Rinse the black rice and place in a pot over a medium heat. Submerge in 300ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 30-35 minutes, with the lid on, until the water has been absorbed. On completion, it should be cooked but still bouncy. If starting to dry out during the cooking process, incrementally add water to continue. Remove from the heat on completion and drain if necessary. Cover with the lid and set aside for serving.

**2. TOASTY CASHEWS & TASTY STOCK** Boil the kettle. Place a pot (large enough for the curry) over a medium heat. Toast the cashews for 3-5 minutes until golden, shifting occasionally. Remove on completion and set aside. Roughly chop when cool enough to handle. Dilute the stock with 100ml of boiling water.

**3. CHAR THE BROCC** Return the pot to a medium-high heat with a drizzle of oil. When hot, char the broccoli pieces for 4-5 minutes until gorgeously brown but still crunchy. Remove from the pot on completion.

**4. CURRY TIME** Keep the pot over the heat and add another drizzle of oil. When hot, fry the carrot chunks for 3-4 minutes until slightly softened and beginning to brown. Add the grated ginger and Thai red curry paste (to taste) and fry for a minute until fragrant. Slowly whisk in the coconut cream and diluted stock. Keep whisking until the liquid blends with the curry paste. Pop on the lid, leaving it slightly ajar. Allow to simmer for 6-8 minutes until reduced by a quarter.

**5. BRING BACK THE BROCC** When the curry has 2-3 minutes to go, stir in the charred broccoli and allow to simmer for the remaining time until reheated. Season to taste and remove the pot from the heat on completion.

**6. THAI RED VEGGIE GLORY** Spoon some silky Thai red curry into a bowl – go big on the sauce! Sprinkle over the chopped piquanté peppers, toasted cashews, and sliced spring onion. Dollop with the hemp seed and coriander pesto and serve with the black rice on the side. Yum!



## Chef's Tip

For the rice, keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, bouncy texture!

## Nutritional Information

Per 100g

Energy	634kj
Energy	151Kcal
Protein	3.9g
Carbs	20g
of which sugars	3g
Fibre	3.4g
Fat	6.4g
of which saturated	3.4g
Sodium	440mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days