



UCCOOK

Butter Bean Stew

with carrot, curry leaves & fresh coriander

Good. Better. Butter Bean Stew! With the seasons shifting, you need a reliable, rich stew recipe for the colder nights ahead. This recipe offers layers of butter beans, tomato passata, quinoa & coconut milk - given extra warmth with the spice of curry leaves & mustard seeds. Grab a bowl, nestle on the couch, and watch a good movie for a great night in.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Veggie

 Strandveld | Grenache

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

225ml	Quinoa <i>rinse</i>
30g	Sunflower Seeds
8g	Curry Leaves <i>rinse & dry</i>
15ml	Mustard Seeds
2	Onions <i>peel & finely slice</i>
360g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	Garlic Cloves <i>peel & grate</i>
2	Celery Stalks <i>rinse & finely chop</i>
30ml	NOMU Oriental Rub
600ml	Coconut & Tomato Sauce <i>(300ml Coconut Milk & 300ml Tomato Passata)</i>
360g	Butter Beans <i>drain & rinse</i>
30ml	Lemon Juice
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. QUICK QUINOA Place the rinsed quinoa in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. AMAZING AROMAS Return the pan to medium heat with a drizzle of oil. When hot, fry the rinsed curry leaves and the mustard seeds until sizzling, 1-2 minutes (shifting occasionally). Add the sliced onion, the diced carrot, the grated garlic, the chopped celery, and the NOMU rub, and fry until golden, 10-12 minutes (shifting occasionally).

4. TANGY, CREAMY & ZESTY Add the coconut & tomato sauce and 450ml of water, and bring to the boil. Reduce the heat, cover, and simmer until reduced and thickening, 15-20 minutes (stirring occasionally). In the final 5 minutes, mix through the drained beans and the lemon juice (to taste).

5. A MEMORABLE MEAL Dish up the steaming quinoa and pour over the hearty veg stew. Garnish with the chopped coriander and the toasted seeds. Now, dig in!

Nutritional Information

Per 100g

Energy	509kj
Energy	122kcal
Protein	4g
Carbs	18g
of which sugars	5.4g
Fibre	5.4g
Fat	4g
of which saturated	0.8g
Sodium	1207mg

Allergens

Allium, Sesame, Sulphites

Cook
within 3
Days