

UCOOK

Thai Red Cauli Curry

with charred green beans, fluffy jasmine rice & cashew nuts

A classy, classic Thai red vegetable curry. Warm your soul with an abundance of aromatic spices and a coconut cream sauce, while zingy ginger and nutritious veg get your immune system into gear.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Lauren Todd

 Vegetarian

 Lanzerac Estate | Keldermeester Versameling Prof

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Ingredients & Prep

75ml	Jasmine Rice
15g	Cashew Nuts
5ml	Vegetable Stock
150g	Cauliflower Florets <i>cut into bite-sized pieces</i>
1	Red Onion <i>one ½ peeled & thinly sliced</i>
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
10g	Fresh Ginger <i>peeled & grated</i>
10ml	Thai Red Curry Paste
200ml	Coconut Cream
3g	Fresh Mint <i>rinsed, picked & finely sliced</i>
1	Fresh Chilli <i>deseeded & roughly chopped</i>

From Your Kitchen

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

1. BRIGHT WHITE RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 150ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork. Return to the pot, cover with the lid, and set aside until serving.

2. GOLDEN NUTS Boil the kettle. Place a pot for the curry over a medium heat. When hot, toast the cashews for 3-5 minutes until light brown, shifting occasionally. Remove from the pot on completion and set aside. Roughly chop when cool enough to handle. Dilute the stock with 65ml of boiling water and set aside.

3. COOK UP YOUR VEG Return the pot to a medium-high heat with a drizzle of oil. When hot, fry the cauliflower pieces for 2-3 minutes until lightly charred. Add a splash of water to cover the base of the pan and steam for 1-2 minutes until slightly softened but still crunchy. On completion, transfer to a salad bowl and season. Wipe down the pot if necessary and return it to the heat with another drizzle of oil. When hot, fry the sliced onion and green beans for 2-3 minutes until lightly browned, but not cooked through. On completion, add to the bowl of cauliflower.

4. CURRY TIME Return the pot to a medium heat with another drizzle of oil. When hot, fry the grated ginger and the curry paste to taste for 30-60 seconds until fragrant, shifting constantly. Gradually whisk in the coconut cream and then the diluted stock. Bring to a gentle simmer and allow to reduce for 8-10 minutes until a thick, curry-like consistency.

5. FINISH UP When the sauce has thickened, season to taste with salt, pepper, and a sweetener of choice. If you'd like to increase the spice levels, mix in any remaining curry paste. Stir through the cauliflower, onion, and green beans. Simmer for 1-2 minutes until cooked through and flavourful. Remove from the heat on completion. If the sauce is too thick, loosen by gradually mixing in warm water.

6. DINNER IS SERVED Dish up some fluffy rice and spoon over the creamy curry. Garnish with the chopped cashews, sliced mint, and chopped chilli. Excellent work!



Chef's Tip

Always add curry paste to your taste preference – you don't have to add it all! When the sauce is nearing completion, taste to test the spice levels. If you'd like to increase the heat, gradually stir in any remaining curry paste.

Nutritional Information

Per 100g

Energy	596kJ
Energy	142Kcal
Protein	2.6g
Carbs	15g
of which sugars	2.5g
Fibre	1.7g
Fat	7.8g
of which saturated	5.7g
Sodium	178mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days