



# 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:** 3 People

---

**Chef:** Suné van Zyl

---

Quick & Easy

---

Cathedral Cellar Wines | Cathedral Cellar-Pinotage 2020

---

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

### Ingredients & Prep

225g	Flat Rice Noodles
450g	Free-range Beef Mince
60ml	Spice & All Things Nice Thai Red Curry Paste
30ml	Garlic Powder
300ml	Coconut Cream
30ml	Low Sodium Soy Sauce
30ml	Apple Cider Vinegar
30ml	Sesame Oil
120g	Spinach <i>rinse</i>
15ml	Dried Chilli Flakes
8g	Fresh Coriander <i>rinse, pick &amp; 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, 4-5 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, 150ml 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