



UCOOK

Thai Green Aubergine Curry

with peas, cashew nuts & jasmine rice

We're bringing back this beloved Thai curry, with a creamy coconut sauce packed with aubergine, pickled peppers, and spices to boot! A final fleck of toasted cashews and a flurry of fresh basil, what are you waiting for? Dig in!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Robertson Winery | Chardonnay

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Ingredients & Prep

100ml	Jasmine Rice <i>rinsed</i>
15g	Cashew Nuts
15ml	Thai Green Curry Paste
250g	Aubergine <i>cut into bite-sized chunks</i>
5ml	Vegetable Stock
200ml	Coconut Milk
50g	Peas
50g	Pickled Bell Peppers <i>drained & roughly chopped</i>
4g	Fresh Basil <i>rinsed, picked & finely sliced</i>

From Your Kitchen

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

1. JUST BE RICE Place the rinsed rice in a pot. Submerge in 150ml of salted water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and steam with the lid on for a further 10 minutes until cooked and tender. On completion, drain if necessary, fluff up with a fork and return to the pot to stay warm until serving.

2. LET'S PREP SOME STUFF! Boil the kettle. Place the cashews in a deep pan over a medium heat. Toast for 3-5 minutes, shifting occasionally. Remove from the pan on completion and roughly chop. In a shallow bowl, combine ½ of the curry paste with 1 tsp of oil and seasoning. Add the aubergine chunks, gently coat with the paste and set aside to marinate until frying. Dilute the stock with 65ml of boiling water.

3. THE QUEEN'S CURRINATION Return the deep pan to a medium heat with a drizzle of oil. When hot, fry the marinated aubergine for 4-6 minutes until slightly softened. Add the remaining curry paste (to taste) and fry for 30-60 seconds until fragrant, shifting constantly. Pour in the coconut milk and diluted stock, and stir until well incorporated. Bring to a simmer and cook for 8-10 minutes until slightly thickened, stirring occasionally.

4. GREENS, GREENS & MORE GREENS! When the curry has thickened, add the peas and chopped pickled peppers, and mix through for 2-3 minutes until the veggies are warmed through. On completion, season to taste with a sweetener of choice and some salt. Remove from the heat.

5. HURRY HURRY, IT'S AN AMAZING GREEN CURRY! Plate up some rice and cover in the fragrant Thai curry. Sprinkle over the toasted cashews. Garnish with the sliced basil. Yum!

Nutritional Information

Per 100g

Energy	552kj
Energy	125Kcal
Protein	2.2g
Carbs	16g
of which sugars	3.4g
Fibre	2.1g
Fat	5.6g
of which saturated	4g
Sodium	298mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days