

UCCOOK

Green Thai Curry

with butternut, spinach & edamame beans

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Stettyn Wines | Stettyn Family Range
Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	479kJ	3834kJ
Energy	115kcal	917kcal
Protein	2.5g	20.1g
Carbs	16g	130g
of which sugars	2.7g	21.5g
Fibre	1.6g	13g
Fat	4.4g	35.2g
of which saturated	3.1g	25g
Sodium	160mg	1280mg

Allergens: Allium, Sulphites, Tree Nuts, Soy

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, deseed, peel & cut into bite-sized pieces</i>
225g	300g	Flat Rice Noodles
30g	40g	Cashew Nuts
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
60g	80g	Piquanté Peppers <i>drain</i>
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
60ml	80ml	Green Curry Paste
600ml	800ml	Coconut Milk
60g	80g	Spinach <i>rinse</i>
150g	200g	Edamame Beans
30ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. BEGIN WITH BUTTERNUT Boil the kettle. Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. OODLES OF NOODLES 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.

3. TOASTED NUTS Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. AMAZING AROMAS Place a pot over medium heat with a drizzle of oil. When hot, fry the onion and the pepper until golden, 7-8 minutes (shifting occasionally). Add the garlic, the ginger, the curry paste (to taste), and fry until fragrant, 1-2 minutes.

5. FAB VEGGIES Add the coconut milk and 150ml [200ml] of water to the pot. Add the spinach, the edamame beans, and the butternut. Simmer until the spinach is wilted, 2-3 minutes. Remove from the heat and season.

6. TASTY THAI GREEN CURRY Make a bed of the noodles, and top with the green Thai curry. Garnish with the toasted nuts, and drizzle over the lemon juice (to taste). Enjoy.