



UCCOOK

Baby Marrow Stew

with harissa yoghurt, poppadoms & fresh coriander

Dive into a fragrant curry of tender baby marrows infused with Cape Malay spices. Crowned with dollops of zesty harissa yoghurt, toasted almonds, and a sprinkle of fresh coriander. Served with crispy poppadoms for scooping.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Simonsig | Die Kluisenaar White Blend

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Ingredients & Prep

10g	Almonds <i>roughly chopped</i>
1	Onion <i>peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
15ml	Spice & All Things Nice Cape Malay Curry Paste
100g	Cooked Chopped Tomato
75g	Spinach <i>rinsed & roughly shredded</i>
40ml	Greek Yoghurt
20ml	Pesto Princess Harissa Paste
200g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized pieces</i>
1	Poppadoms
3g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GOLDEN ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. HURRY WITH THE CURRY Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the curry paste (to taste), and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the cooked chopped tomato and 150ml of water. Stir until the curry paste is incorporated into the liquid and bring to a boil. Once boiling, lower the heat and simmer until the sauce is reduced, 10-12 minutes. In the final 5 minutes, stir through the shredded spinach until wilted. Loosen with a splash of water if it's too thick. Remove from the heat, cover, and set aside.

3. CREAMY & ZESTY In a small bowl, combine the yoghurt with the harissa paste (to taste), a drizzle of oil, seasoning, and a splash of water. Set aside.

4. CHARRED MARROWS Place a clean pan or griddle pan over medium heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 3-4 minutes. Remove from the pan and season.

5. PUFF THE POPPADOMS Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up. Alternatively, heat the poppadoms in the microwave until crispy, 20-30 seconds.

6. INDULGE! Bowl up the curry sauce and top with the charred baby marrow. Dollop over the harissa yoghurt and garnish with the chopped coriander and the toasted almonds. Serve the poppadoms on the side for scooping!

Nutritional Information

Per 100g

Energy	267kJ
Energy	64kcal
Protein	3.3g
Carbs	7g
of which sugars	3.1g
Fibre	2.1g
Fat	2.3g
of which saturated	0.3g
Sodium	332mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days