



U C O O K

— COOKING MADE EASY

COCONUT CASHEW BALTI

with spinach, vermicelli noodles & a nutty soy dressing

Rich Balti flavours swirl in a coconut cream curry with carrot, shredded spinach, and ginger, flowing over mung bean vermicelli noodles. With a squeeze of fresh lime and a final flourish of nutty, umami dressing.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Megan Bure

 **Vegetarian**

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Ingredients & Prep

20g	Cashew Nuts
240g	Carrot <i>rinsed & sliced into thin half-moons</i>
20g	Fresh Ginger <i>peeled & grated</i>
2	Spring Onion <i>thinly sliced</i>
20ml	Spice and All Things Nice Balti Curry Paste
200ml	Coconut Cream
10ml	Vegetable Stock
8g	Fresh Coriander <i>rinsed & roughly chopped</i>
15ml	Soy Sauce
1	Lime <i>cut into wedges</i>
2 cakes	Vermicelli Noodles
200g	Spinach <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. CARAMEL-COLOURED CASHEWS Place a large pot that has a lid over a medium heat. When hot, toast the cashews for 3-5 minutes until golden, shifting occasionally. Remove from the pot on completion and set aside. Roughly chop when cool enough to handle.

2. BALTI CURRY TIME Keep the pot over the heat and add a drizzle of oil. When hot, fry the carrot half-moons for 4-5 minutes until slightly softened, shifting occasionally. Add the grated ginger, three-quarters of the sliced spring onion, and the Balti curry paste to taste. Fry for another minute until fragrant, shifting constantly. Add in the coconut cream, the stock, and 100ml of water. Stir to combine the curry paste with the liquid and bring to the boil. Then, lower the heat and pop on the lid. Allow to simmer for 8-12 minutes until slightly reduced, stirring occasionally.

3. NUTTY SOY DRESSING Boil the kettle for step 4. Place the chopped cashews, the soy sauce, and three-quarters of the chopped coriander in a bowl. Squeeze in some lime juice to taste and whisk together. Add a sweetener of choice to taste and set aside for serving.

4. COOK THE NOODLES Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Cover with a plate and set aside to soak for 6-8 minutes until cooked through and glassy. Taste to test and drain on completion. Toss through some oil to prevent sticking.

5. SPINACH IT UP! Once the sauce has reduced, stir through the shredded spinach. Replace the lid and cook for 2-3 minutes until wilted. On completion, season to taste and remove from the heat.

6. DISH UP & DEVOUR Spoon some silky vermicelli noodles into a bowl. Drench in the Balti coconut curry and drizzle over the nutty soy dressing. Garnish with the remaining chopped coriander and sliced spring onion, and serve with a lime wedge on the side. Tuck in, Chef!



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 and gradually add in any remaining curry paste if you'd like to increase the heat.

Nutritional Information

Per 100g

Energy	560kJ
Energy	134Kcal
Protein	2.2g
Carbs	18g
of which sugars	2.2g
Fibre	1.7g
Fat	5.8g
of which saturated	3.9g
Sodium	310mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Cook
within
4 Days