



UCOOK

Thai Green Curry

with jasmine rice, green beans & fresh basil

A fragrant Thai green curry with a luscious creamy coconut sauce is loaded with green beans, carrots, onions, and served on top of fluffy jasmine rice. To balance out the velvety curry, we added fresh basil, crunchy coconut flakes & a drizzle of lime juice. It'll get the green light from everyone!


Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Rhea Hsu

 Veggie

 Creation Wines | Creation Viognier

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Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
2	Onions <i>1½ peeled & thinly sliced</i>
720g	Carrot <i>peeled & cut into small chunks</i>
30ml	Thai Green Curry Paste
2	Garlic Cloves <i>peeled & grated</i>
30g	Fresh Ginger <i>peeled & grated</i>
300ml	Coconut Cream
240g	Green Beans <i>trimmed & sliced into thirds</i>
360g	Tinned Lentils <i>drained & rinsed</i>
30g	Coconut Flakes <i>roughly chopped</i>
12g	Fresh Basil <i>rinsed & picked</i>
30ml	Lime Juice

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 600ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. ACE THE BASE Place a pot over medium heat with a drizzle of oil. When hot, add the sliced onion and the carrot chunks. Fry until slightly softened, 4-5 minutes (shifting occasionally). Add the curry paste (to taste), the grated garlic and the grated ginger. Fry until fragrant, 1-2 minutes (shifting constantly).

3. SIMMER YOUR DINNER When the garlic is fragrant, add the coconut cream, and 300ml of water to the pot. Once boiling, reduce the heat and simmer until thickened, 10-12 minutes (stirring occasionally). In the final 5 minutes, add the sliced green beans and the drained lentils.

4. CRUNCHY COCO While the curry is simmering, place the coconut flakes in a pan over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove and set aside.

5. FINISHING FLAVOURS When the curry is done, remove from the heat and mix through ½ the picked basil, the lime juice (to taste), a sweetener and seasoning.

6. KEEP CALM & CURRY ON Make a bed of the fluffy rice, top with a generous helping of the Thai green curry. Sprinkle over the toasted coconut flakes and garnish with the remaining basil. There you go, Chef!

Nutritional Information

Per 100g

Energy	604kj
Energy	144kcal
Protein	4.3g
Carbs	19g
of which sugars	3.3g
Fibre	4g
Fat	5.7g
of which saturated	4.7g
Sodium	94mg

Allergens

Allium, Sulphites

Cook
within
4 Days