

U C O O K

— COOKING MADE EASY

Speedy Korma Noodles

with charred broccoli, caramelised mushrooms & peanuts

The swift and simple veggie satisfaction you've been craving! Indulge in glassy rice noodles bedecked with creamy, korma-curried broccoli, baby tomatoes, and mushrooms. With chilli flakes, toasted peanuts, and fresh lime providing added flair.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thandi Mamacos

 **Vegetarian**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

15g	Peanuts
1	Spring Onion <i>finely sliced</i>
65g	Button Mushrooms <i>quartered</i>
100g	Baby Tomatoes <i>rinsed & halved</i>
150g	Broccoli Florets <i>cut into bite-size pieces</i>
20ml	Spice and All Things Nice Korma Curry Paste
100ml	Coconut Cream
5ml	Vegetable Stock
50g	Flat Rice Noodles
1	Lime <i>one half zested & cut into wedges</i>
2.5ml	Chilli Flakes
3g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. TOAST THE PEANUTS Place a pan or wok (that has a lid) over a medium heat. When hot, toast the peanuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

2. VEGGIE FRY-UP Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, sauté three-quarters of the sliced spring onion for 1-2 minutes until lightly charred. Add the quartered mushrooms and fry for 3-4 minutes until caramelised, shifting occasionally. On completion, transfer to a bowl and set aside. Return the pan to the heat with another drizzle of oil if necessary. When hot, cook the halved baby tomatoes for 3-4 minutes until soft, shifting occasionally. Remove from the pan on completion and add to the bowl of mushrooms.

3. CHAR THE BROCC Return the pan or wok to a medium-high heat with another drizzle of oil. When hot, fry the broccoli pieces with a pinch of salt and pepper for 6-7 minutes until lightly charred. Add a splash of water and pop on the lid. Simmer for 1-2 minutes until cooked al dente. On completion, add to the bowl of veggies.

4. KORMA SAUCE Return the pan or wok to a low heat with another drizzle of oil. When hot, fry the curry paste for 2-3 minutes until fragrant, shifting constantly. Add a small splash of water to deglaze the pan. Increase the heat to medium and add in the coconut cream, the stock, and 60ml of water. Stir or whisk until the curry paste combines with the liquid. Allow to simmer for 6-8 minutes until thickened.

5. ALMOST THERE! Boil the kettle. 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 and glassy. Taste to test and drain on completion. Toss through some oil to prevent sticking and set aside for serving. When the sauce has finished simmering, add in the cooked veggies. Toss to coat and stir through the juice of 1 lime wedge, some lime zest, and the chilli flakes to taste. Remove from the heat.

6. GRAB A BOWL, CHEF! Dish up some rice noodles and spoon over the vegetable korma curry. Sprinkle over the chopped peanuts, the remaining spring onion, and the chopped coriander. Garnish with any remaining chilli flakes and lime zest to taste. Serve with a lime wedge on the side and enjoy!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. Remember this when you see 'al dente' in other recipes!

Nutritional Information

Per 100g

Energy	528kJ
Energy	126Kcal
Protein	3.9g
Carbs	14g
of which sugars	1.4g
Fibre	2.1g
Fat	6.2g
of which saturated	3.6g
Sodium	222mg

Allergens

Allium, Peanuts, Sulphites

Cook
within 3
Days