



U C O O K

— COOKING MADE EASY

SILKY THAI GREEN CURRY

with baby marrows, patty pans & edamame beans

Coconut cream curry sauce infused with ginger, heaped with veg, seasoned with tamari, and littered with crunchy cashews – a delicious, nutritious, effortless Thai curry is always a winter dinner champ!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Kate Gomba



Vegetarian

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Ingredients & Prep

100ml	Brown Basmati Rice
10g	Cashew Pieces
1	Red Onion one half peeled & diced
15ml	Thai Green Curry Paste
10g	Ginger peeled & grated
200ml	Coconut Cream
100g	Baby Marrow rinsed, trimmed & cut into bite-size chunks
80g	Patty Pans rinsed, trimmed & cut into quarters
1	Chilli deseeded & finely sliced
40g	Edamame Beans
8ml	Tamari
4g	Fresh Basil rinsed & roughly sliced

From Your Kitchen

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

1. BEFORE YOU GET GOING Read the whole recipe. The prep instructions are displayed in the ingredient list, directly under the item they apply to. You can either do all your prep before you start, or as you get to each item in the method.

2. BASMATI RICE Rinse the rice and place in a pot. Submerge in 200ml of salted water. Pop on the lid and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes.

3. CRUNCHY CASHEWS Place the cashews in a pot over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pot on completion and set aside. Roughly chop when cool enough to handle.

4. THAI GREEN HEAVEN Return the pot to a medium heat with a drizzle of oil. When hot, fry the diced onion for 2-4 minutes until soft. Add the curry paste and sliced chilli (both to taste) and the grated ginger. Fry for 1-2 minutes until fragrant. Pour in the coconut cream and 100ml of water and mix into the paste until fully combined. Stir in the quartered patty pans and baby marrow chunks and pop on a lid. Simmer for 10-12 minutes until the veggies are cooked through but still al dente. In the final 1-2 minutes, stir in the edamame beans and add more curry paste if you prefer a spicier curry. On completion, season with the tamari to taste.

5. GET ALL WARMED UP Dish up a mound of steamy rice and pile the veggie curry on the side – make sure to spoon over plenty of creamy sauce! Sprinkle with the toasted cashew nuts and garnish with fresh basil leaves. Easy as that, Chef!



Chef's Tip

For the rice, keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, nutty texture!

Nutritional Information

Per 100g

Energy	584kj
Energy	140Kcal
Protein	3.6g
Carbs	16g
of which sugars	2.4g
Fibre	2.1g
Fat	7.5g
of which saturated	5.4g
Salt	0.4g

Allergens

Allium, Sulphites, Tree Nuts, Soy

Cook
within
4 Days