



UCOOK

Coconut Beef Mince Curry

with baby marrow & toasted almonds

A layered, lip-smacking curry with complex flavours. Combine red curry paste, beef mince, garlic, onion & coconut cream, and enjoy the enticing aromas filling your kitchen before plating the curry up next to a charred baby marrow & greens salad. Finish with a lemony Greek yoghurt and toasted almonds.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

Carb Conscious

Cathedral Cellar Wines | Cathedral Cellar-Pinotage 2020

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Ingredients & Prep

30g	Almonds <i>roughly chop</i>
2	Onions <i>peel & finely dice 1½</i>
450g	Free-range Beef Mince
2	Garlic Cloves <i>peel & grate</i>
45ml	Red Curry Paste
300ml	Coconut Cream
450g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds</i>
125ml	Greek Yoghurt
30ml	Lemon Juice
60g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. FOR THE CRUNCH 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. COCO-CURRY MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the grated garlic and the curry paste, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut cream and simmer until heated through, 3-4 minutes (shifting occasionally). Remove from the heat and season. Cover and set aside.

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

4. ZESTY YOGHURT In a small bowl, combine the yoghurt with a ¼ of the lemon juice and seasoning.

5. SIMPLE SALAD In a bowl, toss together the shredded leaves, the charred baby marrow, and the remaining lemon juice.

6. THE BIG PICTURE Make bed of the creamy coconut curry mince, top with the baby marrow salad, dollop over the yoghurt, and garnish with the toasted nuts. Well done, Chef!



Chef's Tip

Air fryer method: Coat the baby marrow rounds in oil and season. Air fry at 200°C until cooked through, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	517kJ
Energy	124kcal
Protein	6.1g
Carbs	5g
of which sugars	2.1g
Fibre	1g
Fat	8.5g
of which saturated	4.4g
Sodium	124mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days