





## Thai Four-Bean Cakes with Caramelised Tomato Noodles

 20-30min  2 Portions

Take vegetarian fritters to the next level with these protein-rich Thai red curry patties loaded with pulses, and brown basmati rice and quinoa. Served with a warm rice noodle salad tossed with spinach, green beans and caramelised tomatoes, this dinner is a great way to introduce more fibre into your diet.

## What we send

- green beans
- vermicelli bean noodles
- coriander, shallot
- red curry paste <sup>6</sup>
- four-bean mix
- cherry tomatoes
- baby spinach leaves
- brown basmati rice and quinoa

## What you'll require

- egg <sup>3</sup>
- olive oil
- sea salt and pepper
- soy sauce <sup>6</sup>
- sugar
- water
- white wine vinegar <sup>17</sup>

## Utensils

- 2 oven trays
- baking paper
- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 675.0kcal, Fat 10.6g, Proteins 21.6g, Carbs 119.4g



### 1. Prepare ingredients

Preheat oven to 150C. Line an oven tray with baking paper. Halve **shallot**, thinly slice one half and keep remainder for another use. Halve the **tomatoes**. Trim the tops of the **green beans**, then cut into 2cm lengths. Rinse and drain **four-bean mix**. Finely chop **coriander**, keeping leaves and stems separate. Heat the **rice and quinoa** according to packet instructions.



### 2. Prepare bean mixture

Put the **rice and quinoa, four-bean mix, half the curry paste** (keep the remainder for another use) and **1 tbs egg white** and **coriander stems** in a large bowl. Using a stick blender, pulse mixture until rice breaks down slightly and the grains stick together easily. Season well with **salt**.



### 3. Roll bean mixture

Roll heaped tablespoons of the mixture into 8 balls, then flatten slightly with the palm of your hand.



### 4. Cook bean cakes

Heat **1 tbs oil** in a large frypan over medium heat. Add the bean cakes and cook for 4 mins each side or until golden brown. Transfer to the lined tray and keep warm in the oven. Reserve the frypan.



### 5. Prepare noodles

While the bean cakes are cooking, place the **noodles** and **green beans** in a large heatproof bowl. Cover with boiling water and leave for 3 mins or until just tender. Stir in the **baby spinach** and stand for 1 min or until leaves wilt. Drain well in a colander, then return to the bowl.



### 6. Caramelise tomatoes

Heat **remaining oil** in the reserved pan over medium-high heat. Add **shallot, sugar** and **vinegar**. Stir for 3 mins or until slightly caramelised. Add **tomatoes, soy sauce** and **water** (see staples list). Stir for 5 mins or until tomatoes start to break down. Add to noodle mixture and combine. Divide among bowls with bean cakes. Scatter over **coriander leaves** to serve.