



Thai Four-Bean Cakes

with Caramelised Tomato Noodles



30-40min



4 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

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

What you'll require

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

Utensils

- 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 735.0kcal, Fat 14.3g, Proteins 19.5g, Carbs 128.8g



1. Prepare ingredients

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



4. Cook bean cakes

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



2. Prepare bean mixture

Put the **rice and quinoa, four-bean mix, curry paste, egg white** and **coriander stems** in a large bowl. Using a stick blender, pulse the mixture until the rice breaks down slightly and the grains stick together easily. Season well with **salt**.



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.



3. Roll bean mixture

Roll heaped tablespoons of the mixture into 16 balls, then flatten slightly with the palm of your hand.



6. Caramelize 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.