




Product Spotlight: Kale


Kale can dehydrate quickly in the fridge. Trim and place in a bowl of water in the fridge to store or rehydrate.



Creamy Golden Rice with Spiced Chickpeas

Golden coconut rice with turmeric and kale served topped with a spiced chickpea, sesame seed and coconut mix. Nourishing comfort food at its best.

 40 minutes

 4 servings

 Plant-Based

Make fried rice!

Omit the coconut milk and use the ingredients to make a fried rice instead. Top with crispy chickpea mix and serve with chilli and soy sauce.

Per serve: **PROTEIN** 14g **TOTAL FAT** 26g **CARBOHYDRATES** 84g

FROM YOUR BOX

BASMATI RICE	300g
VEGGIE STOCK	1 jar
COCONUT MILK	400ml
KALE	6 leaves
TINNED CHICKPEAS	400g
GARLIC CLOVES	2
SHALLOTS	2
SESAME SEED & COCONUT MIX	45g
COCONUT YOGHURT	200ml
LIME	1
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, turmeric, ground ginger, chilli flakes (optional)

KEY UTENSILS

saucepan, large frypan

NOTES

Use a splatter screen if you have one when you cook the chickpeas.



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1. PREPARE THE RICE

Heat **2 tbsp olive oil** a large pan over medium heat. Add **1 tsp turmeric** and rice, stir to coat well. Add **1 1/2 cups water**, stock and coconut milk. Combine well and bring to the boil (see next step).



2. ADD THE KALE

Remove stalks, roughly chop and add kale on top of the rice (don't stir). Cover and cook over medium-low heat for 10 minutes, turn off the heat and allow to sit for further 5-10 minutes.



3. COOK THE CHICKPEAS

Drain and pat dry chickpeas, slice garlic and shallots. Add to a large frypan with **1/4 cup olive oil**. Cook over medium heat, stirring occasionally, until the chickpeas are crispy, about 8-10 minutes (see notes). Season with **1/2 tsp ginger and salt**.



4. ADD SESAME & COCONUT

Add the sesame and coconut mix to pan, toss to combine. Cook for further 2 minutes, until toasted. Remove from the heat.



5. MIX THE YOGHURT

Combine coconut yoghurt with zest and juice from 1/2 lime (wedge remaining). Season with **salt and pepper**. Sprinkle over **1/2 tsp chilli flakes** (optional).



6. FINISH AND SERVE

When rice is cooked stir in **1 - 1 1/2 cup water** until creamy. Season to taste with **salt**.

Divide the golden rice among bowls and top with lime yoghurt and chickpeas. Garnish with chopped coriander and a lime wedge.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

