



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BROCCOLINI

Many people think broccolini are just baby broccoli, but they're not! Broccolini are a hybrid between regular broccoli and Chinese broccoli (also called gai lan). They're more tender than regular broccoli, which is why they're great to quickly blanch — just like we do in this dish.



2. CURRIED SAUSAGES WITH RICE

 30 Minutes

 4 Servings

Savoury beef sausages, warming curry sauce and rice served alongside seasonal blanched broccolini.

FROM YOUR BOX

BASMATI RICE	300g
BEEF SAUSAGES (GF)	600g
BROWN ONION	1
CARROTS	2
CELERY STICKS	2
GARLIC CLOVES	2
FRUIT CHUTNEY	1/2 jar *
BROCCOLINI	2 bunches

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil/butter + oil (for cooking), salt, pepper, curry powder, flour (plain or other)

KEY UTENSILS

2 saucepans, frypan

NOTES

Use the rice tub to easily measure water.

Add the broccolini into the rice pan just before it finishes cooking to save on pans and dishes.

No beef option - beef sausages are replaced with chicken sausages.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. BROWN THE SAUSAGES

Heat a large frypan with **oil** over medium-high heat. Add the sausages and cook, turning occasionally, for 4-5 minutes until browned. Remove from pan, keep pan over heat.



3. COOK THE ONION

Slice and add onion to frypan (add a little more **oil** if needed). Cook for 4-5 minutes until softened, then add **2-3 tsp curry powder**.



4. ADD THE VEGETABLES

Slice carrots and celery, crush garlic, add to pan as you go. Sprinkle over **2 tbsp flour** and stir for 1 minute. Add 1/2 jar chutney and **2 cups water**.



5. COOK THE BROCCOLINI

Bring a saucepan with 3cm of water to the boil (see notes). Halve and add broccolini. Cook for 2-3 minutes or until cooked to your liking.



6. FINISH AND PLATE

Serve curried sausages with rice and broccolini.

Return sausages and simmer for 10-15 minutes until thickened. Season with **salt and pepper**.

Drain and toss with **1 tbsp olive oil/butter**. Season with **salt and pepper**.