



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

 2 Servings

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

## FROM YOUR BOX

BASMATI RICE	150g
BEEF SAUSAGES (GF)	300g
LEEK	1/2 *
CARROT	1
CELERY STICK	1
GARLIC CLOVE	1
FRUIT CHUTNEY	1/2 jar *
BROCCOLINI	1 bunch

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



### 3. COOK THE ONION

Slice and add leek to frypan (add a little **oil** if needed). Cook for 4-5 minutes until softened, then add **1-2 tsp curry powder**.



### 4. ADD THE VEGETABLES

Slice carrot and celery, crush garlic and add to pan as you go. Sprinkle over **1 tbsp flour** and stir for 1 minute. Add chutney (to taste) and **1 cup 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 **1/2 tbsp olive oil/butter**. Season with **salt and pepper**.