



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Island Curries


Based in Tasmania, Island Curries make quality curry pastes. They use the best ingredients, meaning your Island Curries product is full of flavour. Their products are gluten and allergen free, with no added preservatives.



H2 Creamy Potato Curry with Boiled Eggs and Pappadums

Aromatic curry paste from Island Curries, simmered in a warm and hearty stew with potatoes. Served with boiled free-range eggs and pappadums.

 30 minutes

 2 servings

 Vegetarian

10 June 2022

Bulk it up!

If you want to bulk up this dish, serve it with some cooked rice, or add extra veggies into the curry such as capsicum, sweet potato or pumpkin.

Per serve: **PROTEIN** 42g **TOTAL FAT** 21g **CARBOHYDRATES** 92g

FROM YOUR BOX

| | |
|-----------------|--------------|
| BROWN ONION | 1 |
| CURRY PASTE | 1 sachet |
| POTATOES | 2 |
| CARROT | 1 |
| TINNED TOMATOES | 400g |
| PAPPADUMS | 1 packet |
| FREE-RANGE EGGS | 6-pack |
| GREEN BEANS | 1 bag (150g) |
| NATURAL YOGHURT | 1 tub |
| GREEN CHILLI | 1 |

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 saucepans

NOTES

Boiling the eggs for 5 minutes will give you soft, running yolks. Cook for longer depending on your preference. Scan the QR code to see our tips on how to perfect your egg cooking.



1. SAUTÉ THE AROMATICS

Bring a small saucepan of water to the boil. Heat a large saucepan over medium-high heat with **oil**. Slice onion and add to pan along with curry paste. Sauté for 3-4 minutes.



2. ADD THE VEGETABLES

Dice potatoes to 1.5cm and thinly slice carrot. Add to the pan as you go. Pour in tinned tomatoes and **1 tin water**. Simmer, covered, stirring occasionally, for 15-18 minutes or until potatoes are tender.



3. COOK THE PAPPADUMS

Cook pappadums according to packet instructions.



4. BOIL THE EGGS

Add eggs (to taste) to boiling water. Boil for 5-8 minutes (see notes). Remove eggs from water. Rinse with cold water. Remove shells and halve eggs.



5. ADD THE YOGHURT

Trim green beans and cut into thirds. Stir through curry. Cook for 2 minutes, covered. Remove curry from heat and stir through yoghurt. Season with **salt and pepper**.



6. FINISH AND SERVE

Thinly slice chilli. Divide curry among bowls. Top with boiled eggs. Garnish with chilli and serve with pappadums.

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**

