



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Chilli


Red chillies are rich in vitamin C and are metabolism boosters! That's why you can feel warm while eating them.



H4 Honey Glazed Chickpea Crunch with Stir-Fried Veggies

Veggies stir-fried with ramen marinade and topped with crispy chickpeas and peanuts glazed in honey, lime zest and red chilli, served with tossed brown rice.

 25 minutes

 4 servings

 Vegetarian

29 July 2022

Bulk it up!

If you want to get some extra servings out of this meal, serve it with fried or boiled eggs, or add leftover veggies to the stir-fry.

Per serve: **PROTEIN** 13g **TOTAL FAT** 13g **CARBOHYDRATES** 50g

FROM YOUR BOX

BROWN RICE	1 packet (300g)
LIME	1
RED CHILLI	1
TINNED CHICKPEAS	400g
BROWN ONION	1
RED CAPSICUM	1
MEDIUM EGGPLANT	1
SUGAR SNAP PEAS	1 bag (250g)
RAMEN MARINADE	2 x 100g
PEANUTS	1 packet (50g)

FROM YOUR PANTRY

oil for cooking, salt, honey

KEY UTENSILS

2 frypans, saucepan

NOTES

If you prefer a milder dish, use chilli to taste or omit it altogether.

Protein upsize - protein upsize is 1 packet paneer cheese. Dice paneer and pan fry with oil until golden on each side.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. PREPARE THE TOPPING

Zest lime (wedge remaining for step 6) and finely chop chilli (see notes). Add to a medium-size bowl.

Drain and pat chickpeas dry, set aside.



3. STIR-FRY THE VEGGIES

Heat a large frypan over high heat with **oil**. Slice onion and capsicum. Dice eggplant. Trim and halve sugar snap peas. Add to pan as you go and stir-fry for 2 minutes. Add 1 sachet ramen marinade and stir-fry for a further minute.



4. MAKE THE TOPPING

Heat a second frypan over over medium-high heat with **1 tbsp oil**. Add chickpeas and peanuts. Cook, stirring occasionally, for 4 minutes until crispy. Add **2 tsp honey** and cook for a further 3 minutes. Toss in bowl with lime zest. Season with **salt**.



5. TOSS THE RICE

Toss rice in saucepan with the remaining ramen marinade sachet until well coated.



6. FINISH AND SERVE

Serve vegetables on a platter tableside, sprinkle over topping. Serve with tossed rice on the side and lime wedges.

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

