



Product Spotlight: Rendang Paste

Made locally by Turban Chopsticks, with aromatic spices and herbs, this Rendang paste creates a rich and luscious curry that will leave you craving more!



Malaysian Rendang with Sweet Potato and Chickpeas

Sweet potatoes, chickpeas and green beans in a fragrant and full-bodied Rendang curry finished with toasted coconut and coriander all served on a bed of basmati rice.



30 minutes



2 servings



Plant-Based

31 March 2023

Switch it up!

This curry is delicious with a variety of vegetables! Substitute the sweet potato for pumpkin, and add zucchini, eggplant or tomatoes if you prefer!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	43g	83g

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
SWEET POTATOES	300g
RENDANG PASTE	1 jar
COCONUT MILK	165ml
LEMONGRASS STALK	1
DESICCATED COCONUT	1 packet (20g)
GREEN BEANS	1 bag (150g)
TINNED CHICKPEAS	400g
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, soy sauce (or tamari)

KEY UTENSILS

large frypan with lid, saucepan with lid, small frypan

NOTES

Use coconut oil for extra fragrance if you have some! You could also cook this curry in a heavy base pan with lid, or in a saucepan.

Keep an eye on the coconut as it toasts in the pan. It takes a moment to start browning but then finishes toasting quite fast!



1. COOK THE RICE

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE VEGETABLES

Dice onion and sweet potatoes (3cm). Add to a frypan over medium-high heat with **oil** (see notes). Cook for 2–3 minutes until beginning to soften.



3. SIMMER THE CURRY

Stir in rendang paste, coconut milk and **1 cup water**. Bend lemongrass stalk in 2–3 places to release fragrance, add to curry. Cover and simmer for 15 minutes.



4. TOAST THE COCONUT

Meanwhile, add desiccated coconut to a small dry frypan. Toast for 2–3 minutes until golden (see notes). Set aside.



5. ADD THE CHICKPEAS

Trim and halve beans. Stir through curry along with drained chickpeas and toasted coconut. Cover and simmer for a further 5 minutes. Season with **1/2–1 tbsp soy sauce** to taste.



6. FINISH AND SERVE

Serve chickpea rendang with basmati rice. Garnish with chopped coriander.



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