DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Island Curry Spice Mix

A warming coconut flavour featuring cumin, turmeric, coriander, WA desert lime, ginger and chilli. This versatile mix goes well with most proteins and even roasted veggies.
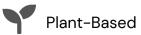
Pineapple Nasi Goreng

with Tofu

A fragrant fried rice using GH Produce's Island curry spice mix, with pops of sweetness from pineapple pieces, served with fresh cucumber, tomato and lime.

Jazz it up!

You can serve this dish with crispy fried shallots or peanuts on top. Serve with sambal olek or hot chilli sauce if you like it spicy!

⏱ 25 minutes | 🍴 2 servings | 🌱 Plant-Based

25 August 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	13g	52g

FROM YOUR BOX

BASMATI RICE	150g
LEBANESE CUCUMBER	1
TOMATO	1
SPRING ONIONS	1 bunch
RED CAPSICUM	1
ISLAND CURRY SPICE MIX	1 sachet
FRIED TOFU	1 packet
TINNED PINEAPPLE	225g
LIME	1

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce or tamari

KEY UTENSILS

large frypan or wok, saucepan with lid

NOTES

You can use coconut oil or sesame oil to cook this dish.

Any remaining curry spice mix is delicious on roast veggies or stirred through mayonnaise for a dipping sauce.

1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of 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 GARNISH

Slice cucumber and wedge tomato. Slice spring onion tops. Set aside.

3. SAUTÉ THE VEGETABLES

Heat a large frypan or wok over medium-high heat with **oil** (see notes). Slice spring onion bottoms and capsicum. Add to pan along with 1/2 curry spice mix (see notes). Cook for 5 minutes.

4. ADD THE TOFU

Slice tofu and drain pineapple. Add to pan and cook for 2-3 minutes until warmed through.

5. TOSS THE RICE

Toss in cooked rice until well combined. Season to taste with **1/2-1 tbsp soy sauce** and **pepper**. Squeeze in juice from 1/2 lime and wedge remaining.

6. FINISH AND SERVE

Divide rice among shallow bowls along with fresh vegetables. Garnish with spring onion tops and serve with 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**