



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Coconut Milk

Coconut milk is lactose-free and derived from the flesh of the coconut. It gives a great background flavour to curries and dressings.



14

Green Curry

with Roasted Eggplant and Mushrooms

Roasted eggplant stirred through a beautiful green curry sauce from GH Produce and finished with crunchy peanuts and fresh coriander.



30 minutes



4 servings



Plant-Based

16 September 2022

Spice it up!

The curry mix in this recipe is very mild. Add chilli flakes or powder to the eggplant before roasting or into the pan when adding the curry powder for extra heat.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	26g	78g

FROM YOUR BOX

RED RICE	300g
EGGPLANT	1
BROWN ONION	1
GREEN CURRY SPICE MIX	1 sachet
TOMATOES	3
SLICED MUSHROOMS	1 punnet (200g)
COCONUT MILK	400ml
ROASTED PEANUTS	1 packet (80g)
CORIANDER	1 packet (10g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar (of choice), ground coriander

KEY UTENSILS

saucepan, oven tray, large frypan/saucepan

NOTES

You could skip this step and just dice and add the eggplant straight into the curry at step 4 with the tomatoes and mushrooms. Increase cooking time to 15 minutes.



1. COOK THE RICE

Set oven to 220°C.

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



2. ROAST THE EGGPLANT

Dice eggplant and toss on a lined oven tray with **2 tsp coriander, oil, salt and pepper** (see notes). Roast for 15 minutes or until golden and tender.



3. SAUTÉ THE ONION

Heat a large frypan with **oil**. Slice and add onion. Sauté for 4 minutes until softened then add green curry spice mix.



4. ADD THE VEGETABLES

Wedge tomatoes and add to saucepan along with mushrooms, coconut milk and **1 tin water**. Cover and simmer for 10 minutes.



5. PREPARE THE GARNISHES

Roughly chop peanuts and coriander.



6. FINISH AND SERVE

Add the roasted eggplant into curry mix and season to taste with **1/2 tbsp vinegar** and **salt and pepper**.

Serve rice and curry into bowls. Top with peanuts and coriander.

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**

