



### 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



4 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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	13g	35g	65g



## FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
SWEET POTATOES	600g
RENDANG PASTE	1 jar
COCONUT MILK	400ml
LEMONGRASS STALK	1
DESICCATED COCONUT	1 packet (40g)
GREEN BEANS	1 bag (250g)
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 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 **600ml 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 tbsp soy sauce** to taste.



### 6. FINISH AND SERVE

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



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