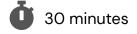




# **Malaysian Rendang**

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.



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!

TOTAL FAT CARBOHYDRATES

### 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.

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



