



### Product Spotlight: Brown Rice

Brown rice is wholegrain rice with the inedible outer hull removed. It has a delicious, nutty taste and comes with many health benefits!



## J4 Curried Tofu Bowl with Brown rice

Quick and easy curry using Island Curries spice paste, mixed vegetables and coconut milk. Served with nutty brown rice and topped with toasted shredded coconut.

 25 minutes

 4 servings

 Plant-Based

25 February 2022

## Spice it up!

*This is a family friendly curry. If you prefer some heat add some fresh grated ginger and either fresh chilli or chilli flakes to taste.*

Per serve: **PROTEIN** 37g **TOTAL FAT** 42g **CARBOHYDRATES** 64g

## FROM YOUR BOX

BROWN RICE	300g
SHREDDED COCONUT	1 packet (50g)
BROWN ONION	1
CURRY PASTE	2 sachets
CARROTS	3
GREEN CAPSICUM	1
FIRM TOFU	2 packets (600g)
COCONUT MILK	400ml
GREEN BEANS	1 bag (250g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric

## KEY UTENSILS

large frypan, saucepan

## NOTES

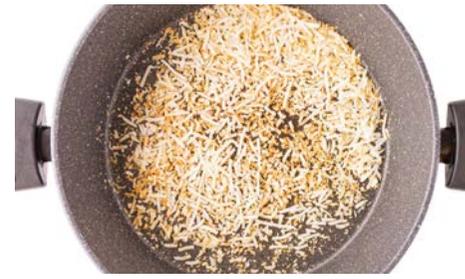
We used coconut oil for added flavour.

If you have some limes on a hand add a wedge when serving.



### 1. COOK THE RICE

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



### 2. TOAST THE COCONUT

Toast coconut in a large frypan over medium–high heat for 1–2 minutes, or until golden. Remove and keep pan over heat.



### 3. COOK THE ONION

Slice and add onion with **oil** (see notes), cook for 3 minutes then add curry paste along with **1 tbsp turmeric**. Cook for a further 1 minute.



### 4. ADD THE VEGETABLES

Roughly chop carrots and capsicum. Add to pan along with roughly crumbled tofu, coconut milk and **1 tin water**. Simmer, semi-covered for 10 minutes.



### 5. ADD THE BEANS

Trim beans and cut into 3cm lengths. Add to curry and cook for a further 2 minutes. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Divide rice among bowls and top with curry. Garnish with toasted coconut (see notes).

**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](mailto:hello@dinnertwist.com.au)

