



Product Spotlight: Curry Leaves

Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.



Coconut Curry One Pan

with Tomato Kasundi

Curried rice and lentils cooked in one pan with creamy coconut milk, curry leaves and mustard leaves for fragrance, topped with crunchy cucumber, tomato chutney from Turban Chopsticks, and almonds.



35 minutes



2 servings



Plant-Based

16 June 2023

Switch it up!

You can cook the rice and lentils separately from the curry if preferred! Leave out the extra water for a rich curry sauce. Add some vegetables like capsicum or zucchini.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	53g	93g

FROM YOUR BOX

BROWN ONION	1
SWEET POTATO	300g
CHERRY TOMATOES	1 packet (200g)
GINGER	20g
CURRY LEAVES	2 fronds
BASMATI RICE/RED LENTIL MIX	175g
COCONUT MILK	400ml
LEBANESE CUCUMBER	1
FLAKED ALMONDS	1 packet (20g)
TOMATO KASUNDI	1 jar

FROM YOUR PANTRY

oil for cooking, 1 vegetable stock cube, curry powder, black mustard seeds

KEY UTENSILS

large frypan with lid, frypan

NOTES

We used coconut oil in this dish for extra fragrance.

Stir the rice occasionally as it simmers to prevent any sticking to the bottom of the pan.



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1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with **1 tbsp oil** (see notes). Dice onion and sweet potato (1 cm), and halve tomatoes. Add all to pan as you go.



2. ADD THE AROMATICS

Peel and grate ginger. Add to pan along with curry leaves. Stir in **3 tsp curry powder** and **1 tsp black mustard seeds**. Cook for 2 minutes until fragrant. Increase heat to medium-high.



3. SIMMER THE CURRY

Add **1 crumbled stock cube**, rice/lentil mix, coconut milk and **1 cup water** (see notes). Stir to combine. Cover and simmer for 15–20 minutes until rice and sweet potato are cooked (see notes).



4. PREPARE THE TOPPING

Meanwhile, deseed and slice cucumber. Add almonds to a dry frypan and toast until golden. Set aside.



5. FINISH AND SERVE

Serve curry rice at the table topped with cucumbers, almonds and kasundi.

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