



Product Spotlight: Coconut

Coconut contains no cholesterol or trans fats, and is rich in essential nutrients including dietary fibre, manganese, copper and selenium.



Sweet Potato Bliss Bowl

with Coconut Dressing

Influenced by the colours and flavours of Bali, red rice served with turmeric sweet potato, tofu, green beans and roasted peanuts, finished with a cooling mint and coconut dressing.



30 minutes



2 servings



Plant-Based

6 October 2023

Leftover salad!

Any leftovers make a delicious rice salad when tossed together! Stretch it out with fresh herbs and vegetables such as coriander, mint, bean shoots and cucumber. Whisk sesame oil and orange juice for a quick dressing if needed.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	60g	100g

FROM YOUR BOX

RED RICE	150g
SWEET POTATOES	400g
MINT	1 packet (60g)
COCONUT MILK	165ml
GREEN BEANS	150g
SPRING ONIONS	1 bunch
SWEET CHILLI TOFU	1 packet
PEANUTS/SHREDDED COCONUT	1 packet (40g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, soy sauce (or tamari), apple cider vinegar

KEY UTENSILS

large frypan, saucepan, oven tray, stick mixer or blender

NOTES

Coconut oil works perfectly for this dish!

Soak the shredded coconut mix in 1 tbsp dressing to soften if preferred.



1. COOK THE RICE

Set oven to 220°C.

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



2. ROAST THE SWEET POTATO

Dice sweet potatoes and toss on a lined oven tray with **1/2 tsp turmeric**, **1/2 tbsp oil**, **salt** and **pepper**. Roast in oven for 25 minutes until golden and cooked through.



3. MAKE THE DRESSING

Roughly chop mint leaves (reserve some for garnish). Blend together with coconut milk, **1/2 tbsp vinegar** and **1/2 tbsp soy sauce** using a stick mixer or small blender. Set aside.



4. COOK THE GREENS

Heat frypan over medium heat with **1/2 tbsp oil** (see notes). Trim and slice green beans and spring onions. Add to pan to cook for 2–4 minutes until tender. Season with **1 tsp soy sauce**. Remove greens from pan and set aside.



5. WARM THE TOFU

Increase frypan heat to medium-high. Add **1/2 tbsp oil**. Slice tofu and cook in pan for 4–5 minutes until heated through.



6. FINISH AND SERVE

Arrange even amounts of rice, sweet potatoes, vegetables, tofu, peanuts and coconut (see notes) among plates. Pour over mint dressing to serve. Garnish with reserved mint leaves.



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