





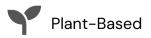
Malaysian Rendang

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.







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

18g

83g

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
SWEET POTATOES	300g
RENDANG PASTE	1 jar
COCONUT MILK	165ml
LEMONGRASS STALK	1
DESICCATED COCONUT	20g
GREEN BEANS	150g
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 in a 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 **300ml 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 **1/2-1 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



