



Product Spotlight: Brown Rice

Brown rice takes a little longer to cook than basmati rice. In return, you're rewarded with an almost nutty flavour, a nice chewy consistency, and loads of vitamins and fibre.



Roast Veggie Red Curry

with Cashews & Brown Rice

Hearty comfort food at its best! Rich red curry with an array of good-for-you vegetables served over nutty brown rice and finished with fresh coriander, lime juice and cashew nuts.



35 minutes



2 servings



Plant-Based

Switch it up!

This is delicious served over cauliflower rice or noodles. You can add more water or stock and serve as a laksa style meal.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	66g	84g

FROM YOUR BOX

BROWN RICE	150g
ZUCCHINI	1
CARROT	1
BROCCOLI	1
RED CURRY PASTE	1 jar
SHALLOT	1
GINGER	1 piece
COCONUT CREAM	400ml
LIME	1
CASHEWS	80g
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, soy sauce, maple syrup or sugar of choice

KEY UTENSILS

saucepan, oven tray, large frypan

NOTES

You can cook the vegetables in the curry instead if you prefer!

We used 90g curry paste but you can use to taste and freeze any leftovers to use for another time!



1. COOK THE RICE

Set oven to 200°C.

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



2. ROAST THE VEGGIES

In the meantime, roughly dice **zucchini**, cut **carrot** into angular pieces and **broccoli** into florets. Toss with **oil** and 1 tbsp red curry paste on a lined oven tray. Roast for 20 minutes or until golden and tender (see notes).



3. SAUTÉ THE AROMATICS

Peel and slice **shallot** and grate **ginger**. Heat a large, deep pan over medium heat. Add shallot and ginger to pan and sauté for 2 minutes.



4. SIMMER THE CURRY SAUCE

Add 90g curry paste (see notes) and cook for 1 minute, stirring occasionally. Stir in **coconut cream**, **3/4 tin water**, **1 tbsp soy sauce**. Simmer over medium-low heat for 10 minutes (un-covered).



5. ADD VEGGIES & SEASON

Zest 1/2 lime. Add to curry along with the roasted veggies. Season with juice from 1/2 lime (wedge remaining), **1–2 tsp soy sauce** and **2 tsp maple syrup**.



6. FINISH AND SERVE

Serve roasted veggie curry over brown rice and topped with **cashew nuts**. Finish with **coriander** and lime wedges.



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