




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.



Onion Bhajis with Indian Fried Rice

Crispy, moreish onion bhajis served over a flavourful curry leaf and peanut Indian fried rice.

 30 minutes

 4 servings

 Plant-Based

Bulk it up!

Add grated zucchini, sweet potato or pumpkin to the onion bhaji mix to bulk up this dish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	13g	97g

FROM YOUR BOX

BASMATI RICE	300g
ONION BHAJI MIX	1 packet
BROWN ONIONS	2
GARLIC CLOVES	3
SALTED ROASTED PEANUTS	2 packets
CURRY LEAF	3 fronds
TOMATOES	2
GREEN CAPSICUM	1
LIME	1
GREEN CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, black mustard seeds (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

Substitute black mustard seeds with yellow mustard seeds, curry powder, cumin seeds or fennel seeds.

Remove seeds from chilli for a milder heat.



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1. COOK THE RICE

Place rice in a saucepan, cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



3. PREPARE THE ONION BHAJIS

Pour onion bhaji mix into a large bowl along with **3/4 cup water**. Whisk to combine. Thinly slice 1 onion and add to bowl. Mix to combine.



4. COOK THE ONION BHAJIS

Heat a large frypan over medium-high heat with **oil**. Add 1/4 cupfuls of onion bhaji mix (this will make 8) to pan and cook for 2–3 minutes each side or until golden. Remove to a plate with paper towel. Keep pan over heat for step 4.



4. SAUTÉ THE VEGETABLES

Dice remaining onion, crush garlic and roughly chop peanuts. Add to reserved pan with extra **oil** along with **3 tsp mustard seeds** and curry leaves, sauté for 3 minutes. Dice tomatoes and capsicum. Add and sauté for further 4 minutes.



5. FRY THE RICE

Remove 1/2 curry leaves for garnish. Add rice and cook for 5 minutes. Remove from heat. Add lime zest and juice from 1/2 lime (wedge remaining). Season to **taste with salt and pepper**.



6. FINISH AND SERVE

Thinly slice chilli (see notes).
Divide fried rice among shallow bowls. Add onion bhajis. Garnish with reserved curry leaves, lime wedges and green chilli.

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