

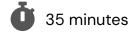




Roast Veggie Red Curry

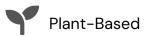
with Cashews & Brown Rice

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.





4 servings



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

15g 34

34g

5

FROM YOUR BOX

BROWN RICE	300g
EGGPLANT	1
CARROTS	2
BROCCOLI	1
RED CURRY PASTE	1 jar
SHALLOTS	2
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 eggplant, cut carrots 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.



3. SAUTÉ THE AROMATICS

Peel and slice shallots and grate ginger. Heat a large, deep pan over medium heat. Add shallots 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, 1 tin water, 1 tbsp soy sauce. Simmer over medium-low heat for 10 minutes (un-covered).



5. ADD VEGGIES & SEASON

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



6. FINISH AND SERVE

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

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



