




### 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

 4 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** 15g **TOTAL FAT** 34g **CARBOHYDRATES** 57g

## 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!



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### 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 1/2 lime. Add to curry along with the roasted veggies. Season with juice from 1/2 lime (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**

