



Product Spotlight: Coconut Milk

The principal medium chain fatty-acids in coconut milk are lauric acid and capric acid. Both are very nourishing, antimicrobial (great for your immune system), anti-inflammatory and healing to the digestive system.



Red Curry Noodles

with Crispy Chickpeas

Fragrant and delicious red Thai curry cooked with broccoli and white sweet potato, served over rice vermicelli noodles with a crispy chickpea, coconut and sesame seed topping.



30 minutes



4/6 servings



Plant-Based

Skip it!

We love the crispy chickpea topping, but if you want to skip a step (or reduce the washing up!), add the drained chickpeas to the curry and sprinkle the coconut and sesame seeds on top to serve.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
4P/6P:	25g/19g	32g/41g	131g/127g

FROM YOUR BOX

	4 PERSON	6 PERSON
TINNED CHICKPEAS	2 x 400g	2 x 400g
RICE VERMICELLI NOODLES	1 packet	2 packets
BROWN ONION	1	1
RED CURRY PASTE	1 jar	1 jar
COCONUT MILK	400ml	2 x 400ml
WHITE SWEET POTATO	500g	800g
BROCCOLI	1	1
LEBANESE CUCUMBER	1	2
SNOW PEAS	150g	2 x 150g
LIME	1	2
COCONUT + SESAME SEED MIX	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), stock cube of choice

KEY UTENSILS

oven tray, 2 saucepans

NOTES

The curry paste can be spicy, so use it to taste; we recommend using 1 tbsp if you don't like spice. Transfer any leftover paste into a freezable container and store it in the freezer to use at a later date.

Toast the coconut and sesame mix if you like!



1. CRISP THE CHICKPEAS

Set oven to 220°C and bring a saucepan of water to the boil.

Drain and rinse **chickpeas**. Pat dry. Toss with **2 tbsp oil, salt and pepper**. Roast for 15 minutes until **chickpeas** are crisp.



4. ADD THE VEGETABLES

Dice **sweet potato**. Add to **curry**. Bring to a simmer and cook for 10 minutes. Roughly chop **broccoli** (including tender stems). Add to pan and cook for further 5 minutes until **sweet potato** is tender.



2. COOK THE NOODLES

Add **noodles** to boiling water and cook for 6–8 minutes or until al dente. Drain and rinse with cold water.



5. PREPARE THE TOPPINGS

Ribbon **cucumber**, and trim and slice **snow peas**.

Zest lime and juice 1/2. Add to **curry** and stir to combine. Wedge remaining **lime**.

6P – zest and juice 1 lime, add to curry and wedge remaining 1 lime.



3. COOK THE CURRY

Heat a second saucepan over medium-high heat with **oil**. Thinly slice **onion**. Add **1/2 jar curry paste** (see notes). Pour in **coconut milk, 3 tbsp soy sauce** and **1.2 L water**. Crumble in **stock cube**.

6P – use 3/4 jar curry paste, 4–5 tbsp soy sauce and 1 stock cube.



6. FINISH AND SERVE

Divide **noodles** among bowls. Ladle over **curry**. Top with **crispy chickpeas, coconut sesame mix** and **fresh toppings** (see notes). Serve with **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**

