



Product Spotlight: Capsicums

Capsicum is an excellent source of vitamin C, needed for tissue growth and repair all over your body. It also helps the body produce collagen, which gives our skin strength and elasticity.



Samosa Mix Stuffed Capsicums

with Raita and Salsa

Roasted capsicums stuffed with aromatic curry samosa filling, served with diced apple salsa, cucumber and coconut yoghurt raita and crispy curry leaves.



30 minutes



2 servings



Plant-Based

Spice it up!

To spice it up, serve this dish with your favourite hot sauce, a sprinkle of dried chilli or slices of fresh green chilli!

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 13g | 10g | 67g |

FROM YOUR BOX

| | |
|--------------------------------|----------|
| CAPSICUMS | 2 |
| CURRY LEAF FROND | 1 |
| BROWN ONION | 1 |
| CARROT | 1 |
| GARLIC CLOVES | 2 |
| SAMOSA SPICE SEED & NUT MIX | 1 packet |
| PRE-COOKED BROWN RICE + QUINOA | 1 packet |
| LIME | 1 |
| GREEN APPLE | 1 |
| TOMATO | 1 |
| LEBANESE CUCUMBER | 1 |
| COCONUT YOGHURT | 1 tub |

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice, vinegar of choice (see notes)

KEY UTENSILS

large frypan, oven tray

NOTES

We used white wine vinegar; apple cider, white, rice wine and red wine vinegars all work well.

Samosa Spice Seed Nut Mix: yellow mustard seeds, ground turmeric, mild curry powder, garam masala, sunflower seeds, raw cashews



1. ROAST THE CAPSICUMS

Set oven to 220°C.

Halve **capsicums** and scoop out **seeds**. Add to a lined oven tray. Drizzle with **oil** and season with **salt and pepper**. Roast for 10–15 minutes until **capsicums** are tender.



4. MAKE THE SALSA

Zest **lime**. Add to a bowl. Dice **apple** and **tomato**. Add to bowl as you go. Toss to combine.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Add **curry leaves** and cook for 1–2 minutes to crisp. Remove **1/2 curry leaves**. Slice and add **onion**. Sauté for 2 minutes. Grate **carrot** and crush **garlic**, add to pan and sauté for a further 2 minutes.



5. MAKE THE RAITA

Juice **1/2 lime** (wedge remaining). Grate **cucumber**. Add to a bowl as you go along with **coconut yoghurt**. Season to taste with **salt and pepper**. Mix to combine.



3. COOK THE SAMOSA MIX

Add **spice mix** and **brown rice and quinoa mix**. Cook for 2 minutes. Pour in **3/4 cup water** and crumble in **stock cube**. Cook for 3 minutes. Season to taste with **1 1/2 tsp vinegar, salt and pepper**.



6. FINISH AND SERVE

Divide **capsicums** among plates. Spoon in **samosa mix** (serve any extra filling on the side). Serve with **salsa, raita** and **lime wedges**. Garnish with reserved crispy **curry leaves**.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

