



### Product Spotlight: Island Curries

Based in Tasmania, Island Curries make quality curry pastes using the best ingredients. Their products are full of flavour, gluten and allergen-free, with no added preservatives.



## Massaman Curry with Crispy Tempeh

Creamy, rich Thai-inspired massaman curry, packed with veggies, with crispy tempeh and fresh coriander topping, served over basmati rice.



30 minutes



2 servings



Plant-Based

### Spice it up!

*To spice it up, serve this dish with your a sprinkle of dried chilli flakes or ground chilli or slices of fresh green chilli! You can also add these or chilli paste into the curry, but remember that cooking chilli will only increase the heat!*

Per serve: **PROTEIN** 22g **TOTAL FAT** 24g **CARBOHYDRATES** 53g

## FROM YOUR BOX

BASMATI RICE	150g
SEASONED TEMPEH	1 packet
BROWN ONION	1
RED CAPSICUM	1
TOMATO	1
SWEET POTATO	300g
CORIANDER	1 packet
CURRY PASTE	1 sachet
COCONUT MILK	165ml
LIME	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

Season the curry with soy sauce or tamari for a deeper flavour.



### 1. COOK THE RICE

Place **rice** in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. COOK THE TEMPEH

Heat a large frypan over medium-high heat with **oil**. Crumble **tempeh** into pan. Cook for 2–4 minutes until crispy. Remove to a plate and reserve pan for step 4.



### 3. PREPARE THE INGREDIENTS

Slice **onion** and **capsicum**, wedge **tomato** and dice **sweet potato**. Finely chop **coriander** roots and stems, reserve leaves for garnish.



### 4. SAUTÉ THE AROMATICS

Reheat frypan over medium-high heat with **oil**. Add onion and cook for 2 minutes. Add coriander roots and stems, **curry paste** and tomato. Cook for a further 2 minutes until aromatic.



### 5. SIMMER THE CURRY

Add capsicum, sweet potato, coconut milk and **1 1/2 cups water**. Stir to combine. Simmer, semi-covered, for 15–20 minutes until sweet potato is tender. Season with **lime** zest and juice from 1/2 lime (wedge remaining), **salt and pepper** (see notes).



### 6. FINISH AND SERVE

Divide rice and curry among shallow bowls. Top with crumbled tempeh, coriander leaves and lime wedges.



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