

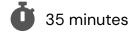




Coconut Curry One Pan

with Tomato Chutney

Curried rice and lentils cooked in one pan with creamy coconut milk, curry leaves and mustard leaves for fragrance, topped with crunchy cucumber, tomato chutney from Turban Chopsticks, and almonds.





2 servings



Switch it up!

You can cook the rice and lentils separately from the curry if preferred! Leave out the extra water for a rich curry sauce. Add some vegetables like capsicum or zucchini.

TOTAL FAT CARBOHYDRATES

162g

FROM YOUR BOX

BROWN ONION	1	
SWEET POTATO	300g	
CHERRY TOMATOES	200g	
GINGER	20g	
CURRY LEAVES	2 fronds	
BASMATI RICE/RED LENTIL MIX	175g	
COCONUT MILK	400ml	
LEBANESE CUCUMBER	1	
FLAKED ALMONDS	40g	
TOMATO CHUTNEY	1 jar	

FROM YOUR PANTRY

oil for cooking, 1 vegetable stock cube, curry powder, black mustard seeds

KEY UTENSILS

large frypan with lid, frypan

NOTES

We used coconut oil in this dish for extra fragrance.

Stir the rice occasionally as it simmers to prevent any sticking to the bottom of the pan.





1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with 1 tbsp oil (see notes). Dice onion and sweet potato (1 cm), and halve tomatoes. Add all to pan as you go.



2. ADD THE AROMATICS

Peel and grate ginger. Add to pan along with curry leaves. Stir in 3 tsp curry powder and 1 tsp black mustard seeds. Cook for 2 minutes until fragrant. Increase heat to medium-high.



3. SIMMER THE CURRY

Add 1 crumbled stock cube, rice/lentil mix, coconut milk and 1 cup water. Stir to combine. Cover and simmer for 15-20 minutes until rice and sweet potato are cooked (see notes).



4. PREPARE THE TOPPING

Meanwhile, deseed and slice cucumber. Add almonds to a dry frypan and toast until golden. Set aside.



5. FINISH AND SERVE

Serve curry rice at the table topped with cucumbers, almonds and tomato chutney.

