



Product Spotlight: Kale

Kale can dehydrate quickly in the fridge. Trim and place in a bowl of water in the fridge to store or rehydrate.



Creamy Golden Rice with Spiced Chickpeas

Golden coconut rice with turmeric and kale served topped with a spiced chickpea, sesame seed and coconut mix. Nourishing comfort food at its best.



40 minutes



2 servings



Plant-Based

Make fried rice!

Omit the coconut milk and use the ingredients to make a fried rice instead. Top with crispy chickpea mix and serve with chilli and soy sauce.

Per serve: **PROTEIN** 22g **TOTAL FAT** 51g **CARBOHYDRATES** 105g

FROM YOUR BOX

BASMATI RICE	150g
VEGGIE STOCK	1 jar
COCONUT MILK	400ml
KALE	3 leaves
TINNED CHICKPEAS	400g
GARLIC CLOVE	1
SHALLOT	1
SESAME SEED & COCONUT MIX	45g
COCONUT YOGHURT	200ml
LIME	1
CORIANDER	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, turmeric, ground ginger, chilli flakes (optional)

KEY UTENSILS

saucepan, large frypan

NOTES

Use a splatter screen if you have one when you cook the chickpeas.



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1. PREPARE THE RICE

Heat **1 tbsp olive oil** in a large pan over medium heat. Add **1/2 tsp turmeric** and **rice**, stir to coat well. Add **225ml water**, **1/2 jar stock** and **coconut milk**. Combine well and bring to a boil (see next step).



2. ADD THE KALE

Remove stalks, roughly chop and add **kale** on top of the rice (don't stir). Cover and cook over medium-low heat for 10 minutes, turn off the heat and allow to sit for a further 5-10 minutes.



3. COOK THE CHICKPEAS

Drain and pat dry **chickpeas**, slice **garlic** and **shallot**. Add to a large frypan with **1/4 cup olive oil**. Cook over medium heat, stirring occasionally, until the chickpeas are crispy, about 8-10 minutes (see notes). Season with **1/2 tsp ginger and salt**.



4. ADD SESAME & COCONUT

Add the **sesame and coconut mix** to pan, toss to combine. Cook for a further 2 minutes, until toasted. Remove from the heat.



5. MIX THE YOGHURT

Combine **coconut yoghurt** with zest and juice from **1/2 lime** (wedge remaining). Season with **salt and pepper**. Sprinkle over **1/2 tsp chilli flakes** (optional).



6. FINISH AND SERVE

When rice is cooked, stir in **1 - 1 1/2 cup water** until creamy. Season to taste with **salt**.

Divide the golden rice among bowls and top with lime yoghurt and chickpeas. Garnish with chopped **coriander** and a lime wedge.

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