



Product Spotlight: CoCoMe Yoghurt

This plant-based coconut yoghurt is made in Perth. The ingredient list is short and clean, creating a creamy and tasty yoghurt packed with gut-friendly probiotics. You can find their great products on our Marketplace.



Split Pea and Capsicum Curry

Hearty split peas and baby potatoes simmered in a fragrant Bengali curry paste with sweet capsicum and tomato, finished with baby spinach and a dollop of creamy coconut yoghurt.



55 minutes



Plant-Based



2 servings

Bulk it up!

*Want extra servings from this curry?
Serve over steamed rice or with warm flatbread, naan, or pappadums, or stir in frozen peas or corn in the last 10 minutes.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	14g	52g

FROM YOUR BOX

BROWN ONION	1
GREEN CAPSICUM	1
YELLOW CAPSICUM	1
BABY POTATOES	400g
CORIANDER	1 packet
CURRY LEAVES	1 frond
BENGAL CURRY PASTE	1 sachet
CHOPPED TOMATOES	400g
YELLOW + GREEN SPLIT PEAS	100g
BABY SPINACH	60g
COCONUT YOGHURT	120ml

FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar, cumin seeds

KEY UTENSILS

large frypan

NOTES

Brighten the finished curry with a squeeze of lemon or lime juice just before serving.

Swirl half the seasoned coconut yoghurt through the curry for extra creaminess and use the rest as a topping.



1. PREPARE THE INGREDIENTS

Slice **onion** and **capsicums**. Halve **potatoes**, finely slice **coriander roots and stems** (reserve **leaves** for garnish).



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil** to coat base of pan. Add **curry leaves** a cook for 2-3 minutes until crispy. Remove **1/2 the curry leaves** to a plate. Add **onion, coriander roots and stems** and sauté for 3 minutes until **onion** has softened.



3. SIMMER THE CURRY

Add **capsicums** and **curry paste**, cook for 1 minute until fragrant. Add **peas, potatoes, chopped tomatoes** and **500ml water**. Cover and simmer for 45 minutes.



4. SEASON THE YOGHURT

Add **coconut yoghurt** to a bowl along with **1 tsp vinegar, 1/2 tsp cumin seeds, salt and pepper**. Mix to combine.



5. ADD THE SPINACH

Add **baby spinach** to **curry**. Stir through to wilt **spinach**. Season to taste with **salt and pepper** (see notes).



6. FINISH AND SERVE

Divide **curry** among bowls. Dollop on **yoghurt** and garnish with **reserved curry leaves** and **coriander leaves**.

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