



Product Spotlight: Lime leaves

Lime leaves, commonly used in Asian cooking, are rich in oils so only a couple of leaves are needed to add a fragrant flavour. Keep an eye out for them in your box as they come loose.



Thai Massaman Curry with Crunchy Peanuts

Made with flavourful Massaman paste from Island Curries, this creamy coconut curry features tender eggplant, capsicum and crunchy snow peas, served with fluffy rice.



30 minutes



Plant-Based



2 servings

Switch it up!

You can add some tofu, tempeh or chickpeas to this curry for more protein if preferred!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	57g	90g

FROM YOUR BOX

BASMATI RICE	150g
EGGPLANT	1
RED CAPSICUM	1
SNOW PEAS	150g
LIME LEAVES	2
MASSAMAN PASTE	1 sachet
COCONUT CREAM	400ml
PEANUT/HEMP SEED MIX	40g
RED CHILLI	1
LIME	1

FROM YOUR PANTRY

oil for cooking, ground turmeric, soy sauce (or tamari)

KEY UTENSILS

large frypan with lid, saucepan

NOTES

Use coconut oil for extra fragrance.



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1. COOK THE RICE

Place **rice** in a saucepan and cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE VEGETABLES

Dice **eggplant** and slice **capsicum**. Trim and halve **snow peas**.



3. SAUTÉ THE VEGETABLES

Heat a large frypan or saucepan over medium-high heat with **oil** (see notes). Add **eggplant** and cook for 2–3 minutes until golden. Add **capsicum** along with **1 tsp turmeric**. Cook for 2 minutes.



4. SIMMER THE CURRY

Crush and add **lime leaves**. Stir in **Massaman paste**, **coconut cream** and **1/4 cup water**. Cover and simmer for 8 minutes until **vegetables** are tender. Stir in **snow peas** and simmer for 2 minutes. Season with **1/2 lime juice** and **soy sauce** (to taste).



5. FINISH AND SERVE

Slice **chilli** and scatter on top to garnish along with **peanuts and hemp seeds**. Wedge remaining **lime** and serve with **rice**.

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