



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pappadums

Pappadums are a thin bread-like cracker made from lentil flour.



Bush Curry Beans with Pappadums

A creamy bush-style curry with roasted potato and mixed beans, finished with a fresh cucumber and chilli garnish and crispy pappadums.



30 minutes



Plant-Based



4/6 servings

Spice it up!

Add some curry leaves to the pan along with the tomatoes for some extra fragrance.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	22g	26g/30g	105g/98g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
LEBANESE CUCUMBER	1	2
RED CHILLI	1	1
CORIANDER	1 packet	2 packets
PAPPADUMS	1 packet	1 packet
BROWN ONION	1	2
GINGER	1 piece	2 pieces
TOMATOES	3	4
BUSH CURRY SPICE	1 packet	2 packets
TINNED MIXED BEANS	2 x 400g	2 x 400g
COCONUT MILK	400ml	2 x 400ml

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, cumin seeds (see notes)

KEY UTENSILS

large frypan, oven tray

NOTES

You can cook the papadums in the microwave according to the packet instructions; this also uses less oil.

You can substitute cumin seeds with ground cumin.



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1. ROAST THE POTATOES

Set oven to 220°C. Dice **potatoes** and toss on a lined oven tray with **2 tsp cumin seeds, oil, salt and pepper**. Roast for 25–30 minutes until golden and cooked through.

6P – use 3 tsp cumin seeds.



4. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice **onion**, peel and grate **ginger** and wedge **tomatoes**. Add all to pan as you go along with **bush curry spice**. Cook for 5 minutes.



2. MAKE THE FRESH TOPPING

Deseed and dice **cucumber** and **chilli**. Chop **coriander**. Toss together with **1 tbsp vinegar**.

6P – use 2 tbsp vinegar



5. SIMMER THE BEANS

Drain and add **beans** along with **coconut milk**. Simmer for 5 minutes until heated through. Take off heat and toss through **potatoes** until coated. Season with **salt and pepper** to taste.



3. COOK THE PAPPADUMS

Cook the **pappadums** according to the preferred method on the packet (see notes). Set aside.



6. FINISH AND SERVE

Divide **curry beans** among shallow bowls. Garnish with **fresh topping** and serve with **pappadums**.

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