



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Curry Leaves


Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.




## 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.

 35 minutes

 4/6 servings

 Plant-Based

## 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.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	17g	26g/39g	87g/94g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
SWEET POTATO	500g	500g
CHERRY TOMATOES	200g	2 x 200g
GINGER	1 piece	2 pieces
CURRY LEAVES	2 fronds	3 fronds
BASMATI RICE/RED LENTIL MIX	350g	350g + 175g
COCONUT MILK	400ml	2 x 400ml
LEBANESE CUCUMBERS	2	3
FLAKED ALMONDS	40g	2 x 40g
TOMATO CHUTNEY	1 jar	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.



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### 1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with **2 tbsp oil** (see notes). Dice **onion** and **sweet potato** (1 cm), and halve **tomatoes**. Add all to pan as you go.



### 4. PREPARE THE TOPPING

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



### 2. ADD THE AROMATICS

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

**6P** - use **1 1/2 tbsp curry powder** and **3 tsp mustard seeds**.



### 5. FINISH AND SERVE

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



### 3. SIMMER THE CURRY

Add **1 crumbled stock cube**, **rice/lentil mix**, **coconut milk** and **2 tins water (800ml)**. Stir to combine. Cover and simmer for 15–20 minutes until **rice** and **sweet potato** are cooked (see notes).

**6P** - add **1 1/2 crumbled stock cubes**, **rice/lentil mix**, **2 x coconut milk** and **1L water**.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

