




Product Spotlight: Coconut Milk


Coconut milk comes from blending a coconut's meat with water. Lauric acid and capric acid in coconuts are very nourishing, antimicrobial (great for your immune system), anti-inflammatory and healing to the digestive system.




Coconut Curry with Tempeh

Locally made tempeh, pan-fried and served over a rich coconut based curry with vegetables, fluffy basmati rice and fresh coriander.

 25 minutes

 4 servings

 Plant-Based

Spice it up!

To spice it up, serve this dish with a sprinkle of dried chilli flakes, ground chilli or slices of fresh green chilli! You can also add these or chilli paste into the curry, but remember that cooking chilli will only increase the heat!

Per serve: **PROTEIN** 33g **TOTAL FAT** 42g **CARBOHYDRATES** 82g

FROM YOUR BOX

BASMATI RICE	300g
GARLIC	1 clove
GREEN CAPSICUM	1
BROCCOLI	1
TOMATOES	2
CURRY PASTE	1 sachet
COCONUT MILK	400ml
TEMPEH	2 packets
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt

KEY UTENSILS

2 saucepans, frypan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes) and add crushed garlic. Cover with a lid, cook over low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SIMMER THE BROTH

Heat a second saucepan over medium heat. Chop capsicum, broccoli and tomatoes. Add to pan with curry paste, cook stirring for 3–4 minutes. Add coconut milk and **1 tin water (400ml)**, simmer for 5–8 minutes. Season with **salt**.



3. COOK THE TEMPEH

Heat a frypan over medium–high with **oil**. Roughly dice tempeh. Add to pan and cook for 4–5 minutes until browned all over and warmed through.



4. FINISH AND PLATE

Divide garlic rice evenly among bowls. Top with broth and tempeh. Roughly chop coriander and sprinkle on top.



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