



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Kale

Kale can dehydrate quickly in the fridge. Trim and place in a bowl of water in the fridge to store or rehydrate.



Creamy Golden Rice with Spiced Chickpeas

Golden coconut rice with turmeric and kale served topped with a spiced chickpea, sesame seed and coconut mix. Nourishing comfort food at its best.



40 minutes



4/6 servings



Plant-Based

Make fried rice!

Omit the coconut milk and use the ingredients to make a fried rice instead. Top with crispy chickpea mix and serve with chilli and soy sauce.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	23g	41g/44g	65g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
VEGGIE STOCK	1 jar	1 jar
COCONUT MILK	400ml	2 x 400ml
KALE	1 bunch	1 bunch
TINNED CHICKPEAS	400g	2 x 400g
GARLIC CLOVES	2	3
SHALLOTS	2	3
SESAME SEED & COCONUT MIX	45g	2 x 45g
COCONUT YOGHURT	200ml	200ml
LIME	1	2
CORIANDER	1 packet	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, turmeric, ground ginger, chilli flakes (optional)

KEY UTENSILS

saucepan, large frypan

NOTES

Use a splatter screen if you have one when you cook the chickpeas.



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1. PREPARE THE RICE

Heat **2 tbsp olive oil** a large pan over medium heat. Add **1 tsp turmeric** and **rice**, stir to coat well. Add **1 1/2 cups water**, **stock** and **coconut milk**. Combine well and bring to the boil (see next step).

6P - use **1 1/2 tsp turmeric**, **2 x 400ml coconut milk** and **2 cups water**.



2. ADD THE KALE

Remove stalks, roughly chop and add **kale** (use to taste) on top of the **rice** (don't stir). Cover and cook over medium-low heat for 10 minutes, turn off the heat and allow to sit for further 5-10 minutes.



3. COOK THE CHICKPEAS

Drain and pat dry **chickpeas**, slice **garlic** and **shallots**. Add to a large frypan with **1/4 cup olive oil**. Cook over medium heat, stirring occasionally, until the **chickpeas** are crispy, about 8-10 minutes (see notes). Season with **1/2 tsp ginger** and **salt**.



4. ADD SESAME & COCONUT

Add the **sesame and coconut mix** to pan, toss to combine. Cook for further 2 minutes, until toasted. Remove from the heat.



5. MIX THE YOGHURT

Combine **coconut yoghurt** with **zest and juice from 1/2 lime** (wedge remaining). Season with **salt and pepper**. Sprinkle over **1/2 tsp chilli flakes** (optional).

6P - use **juice from 1 lime** and **wedge remaining**.



6. FINISH AND SERVE

When **rice** is cooked stir in **1 - 1 1/2 cup water** until creamy. Season to taste with **salt**.

Divide the **golden rice** among bowls and top with **lime yoghurt** and **chickpeas**. Garnish with chopped **coriander** and a **lime wedge**.

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**

