

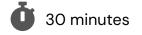




## **Massaman Curry**

### with Crispy Tempeh

Creamy, rich Thai-inspired massaman curry, packed with veggies, with crispy tempeh and fresh coriander topping, served over basmati rice.







# Spice it up!

To spice it up, serve this dish with your a sprinkle of dried chilli flakes or 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!

TOTAL FAT CARBOHYDRATES

16g

59g

#### FROM YOUR BOX

BASMATI RICE	300g
SEASONED TEMPEH	1 packet
BROWN ONION	1
RED CAPSICUM	1
TOMATOES	2
SWEET POTATO	300g
CORIANDER	1 packet
CURRY PASTE	2 sachets
COCONUT MILK	400ml
LIME	1
SALTED ROASTED PEANUTS	80g

#### FROM YOUR PANTRY

oil for cooking, salt, pepper

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Use the rice tub to quickly measure up 1.5  $\times$  amount of water.

Season the curry with soy sauce or tamari for a deeper flavour.



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#### 1. COOK THE RICE

Place **rice** in a saucepan, cover with 1.5 x amount of water (see notes). 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. COOK THE TEMPEH

Heat a large frypan over medium-high heat with **oil.** Crumble **tempeh** into pan. Cook for 2-4 minutes until crispy. Remove to a plate and reserve pan for step 4.



#### 3. PREPARE THE INGREDIENTS

Slice onion and capsicum, wedge tomato and dice sweet potato. Finely chop coriander roots and stems, reserve leaves for garnish.



#### 4. SAUTÉ THE AROMATICS

Reheat frypan over medium-high heat with oil. Add onion and cook for 2 minutes. Add coriander roots and stems, curry paste and tomato. Cook for a further 2 minutes until aromatic.



#### 5. SIMMER THE CURRY

Add capsicum, sweet potato, coconut milk and 1 1/2 tin (600ml) water. Stir to combine. Simmer, semi-covered, for 15-20 minutes until sweet potato is tender. Season with lime zest and juice from 1/2 lime (wedge remaining), salt and pepper (see notes).



#### 6. FINISH AND SERVE

Roughly chop **peanuts**.

Divide rice and curry among shallow bowls. Top with crumbled tempeh, coriander leaves, peanuts and lime wedges.

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