



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: CoCoMe Yoghurt

This plant-based coconut yoghurt is made in Perth. The ingredient list is short and clean, creating a creamy and tasty yoghurt packed with gut-friendly probiotics. You can find their great products on our Marketplace.




Split Pea and Capsicum Curry

Hearty split peas and baby potatoes simmered in a fragrant Bengali curry paste with sweet capsicum and tomato, finished with baby spinach and a dollop of creamy coconut yoghurt.

 55 minutes

 Plant-Based

 4/6 servings

Bulk it up!

*Want extra servings from this curry?
Serve over steamed rice or with warm flatbread, naan, or pappadums, or stir in frozen peas or corn in the last 10 minutes.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	15g	53g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
GREEN CAPSICUM	1	2
YELLOW CAPSICUM	1	2
BABY POTATOES	800g	1.2kg
CORIANDER	1 packet	2 packets
CURRY LEAVES	2 fronds	3 fronds
BENGAL CURRY PASTE	2 sachets	3 sachets
CHOPPED TOMATOES	400g	2x 400g
YELLOW + GREEN SPLIT PEAS	200g	200g + 100g
BABY SPINACH	120g	120g +60g
COCONUT YOGHURT	120ml	2x 120ml

FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar, cumin seeds

KEY UTENSILS

large frypan

NOTES

Brighten the finished curry with a squeeze of lemon or lime juice just before serving.

Swirl half the seasoned coconut yoghurt through the curry for extra creaminess and use the rest as a topping.



1. PREPARE THE INGREDIENTS

Slice **onion** and **capsicums**. Halve **potatoes**, finely slice **coriander roots and stems** (reserve **leaves** for garnish).



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil** to coat base of pan. Add **curry leaves** a cook for 2-3 minutes until crispy. Remove **1/2 the curry leaves** to a plate. Add **onion, coriander roots and stems** and sauté for 3 minutes until **onion** has softened.



3. SIMMER THE CURRY

Add **capsicums** and **curry paste**, cook for 1 minute until fragrant. Add **peas, potatoes, chopped tomatoes** and **1L water**. Cover and simmer for 45 minutes.

6P – add 1.25L water



4. SEASON THE YOGHURT

Add **coconut yoghurt** to a bowl along with **1 tsp vinegar, 1/2 tsp cumin seeds, salt and pepper**. Mix to combine.

6P – add 2 tsp vinegar and 1 tsp cumin seeds to the yoghurt.



5. ADD THE SPINACH

Add **baby spinach** to **curry**. Stir through to wilt **spinach**. Season to taste with **salt and pepper** (see notes).



6. FINISH AND SERVE

Divide **curry** among bowls. Dollop on **yoghurt** and garnish with **reserved curry leaves** and **coriander leaves**.

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