



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lime leaves

Lime leaves, commonly used in Asian cooking, are rich in oils so only a couple of leaves are needed to add a fragrant flavour. Keep an eye out for them in your box as they come loose.



Thai Massaman Curry with Crunchy Peanuts

Made with flavourful Massaman paste from Island Curries, this creamy coconut curry features tender eggplant, capsicum and crunchy snow peas, served with fluffy rice.



30 minutes



Plant-Based



4/6 servings

Switch it up!

You can add some tofu, tempeh or chickpeas to this curry for more protein if preferred!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	36g	81g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
EGGPLANT	1	2
RED CAPSICUM	1	2
BROCCOLI	1	1
SNOW PEAS	150g	150g
LIME LEAVES	2	3
MASSAMAN PASTE	2 sachets	3 sachets
COCONUT CREAM	400ml	2 x 400ml
PEANUT/HEMP SEED MIX	2 x 40g	2 x 40g
RED CHILLI	1	1
LIME	1	2

FROM YOUR PANTRY

oil for cooking, ground turmeric, soy sauce (or tamari)

KEY UTENSILS

large frypan with lid, saucepan

NOTES

Use coconut oil for extra fragrance.



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1. COOK THE RICE

Place **rice** in a saucepan and cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P – use **900ml water**.



4. SIMMER THE CURRY

Crush and add **lime leaves**. Stir in **Massaman paste**, **coconut cream** and **1/2 cup water**. Cover and simmer for 8 minutes until **vegetables** are tender. Stir in **snow peas** and simmer for 2 minutes. Season with **1/2 lime juice** and **soy sauce** (to taste).

6P – add **more water** to loosen if needed.

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2. PREPARE THE VEGETABLES

Dice **eggplant**, slice **capsicum** and cut **broccoli** into small florets. Trim and halve **snow peas**.



5. FINISH AND SERVE

Slice **chilli** and scatter on top to garnish along with **peanuts and hemp seeds**. Wedge remaining **lime** and serve with **rice**.



3. SAUTÉ THE VEGETABLES

Heat a large frypan or saucepan over medium-high heat with **oil** (see notes). Add **eggplant** and cook for 2–3 minutes until golden. Add **capsicum** and **broccoli** along with **2 tsp turmeric**. Cook for 2 minutes.

6P – use **3 tsp turmeric**.

