



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Curry Leaves


Curry leaves come from a tree in the citrus fruit family. The leaves release a deliciously nutty aroma when cooked and are a staple in South Indian cooking.



1 Aromatic Rice Pilaf with Tempeh

Cumin flavoured tempeh, served on a fragrant rice pilaf with vegetables, currants and almonds.

 30 minutes

 2 servings

 Plant-Based

3 December 2021

Use it up!

This dish is a great vessel for using up bits and pieces. If you have spare veggies like zucchini or sweet potato, grate them and add them in. Even other nuts or dried fruit would work well in this dish.

Per serve: **PROTEIN** 28g **TOTAL FAT** 24g **CARBOHYDRATES** 89g

FROM YOUR BOX

RED RICE	1 packet (150g)
CUMIN TEMPEH	1 packet (200g)
CELERY STICK	1
CURRY LEAF FROND	1
CURRANT + ALMOND MIX	1 packet (30g)
GREEN BEANS	1 bag (150g)
CARROT	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, apple cider vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

If you want to add extra aromatics to this dish you could include cumin seeds, ginger, garlic, garam masala, mustard seeds, cardamom pods or cinnamon sticks.

Instead of topping rice with tempeh, you can stir it through. You can also top this dish with yoghurt of choice for a fresh finish.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes until tender. Drain and rinse.



2. COOK THE TEMPEH

Heat a frypan over medium–high heat with oil. Crumble in tempeh and cook for 4–5 minutes until warmed through. Set aside.



3. COOK THE AROMATICS

Reheat frypan over medium–high heat with oil. Thinly slice celery. Add to pan along with curry leaves, currant and almond mix and **2 tsp curry powder** (see notes). Toast for 1–2 minutes until fragrant.



4. TOSS THE RICE

Trim and slice green beans and grate carrot. Toss through aromatics along with rice. Cook for a further 2–3 minutes. Season with **2 tsp vinegar, salt and pepper**.



5. FINISH AND SERVE

Divide rice among plates. Top with tempeh.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

