



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BLACK RICE

Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.



2. JERK SWEET POTATOES

WITH PINEAPPLE RICE

 30 Minutes

 2 Servings

 Plant-based

Roasted sweet potatoes with a flavourful Jamaican jerk seasoning, served with a tropical black rice salad.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
22g	14g	120g

16 March 2020

FROM YOUR BOX

BLACK RICE	150g
SWEET POTATOES	500g
PINEAPPLE PIECES	1 tin
LIME	1
LEBANESE CUCUMBER	1
RED CAPSICUM	1/2 *
SPRING ONIONS	1/4 bunch *
CHIA SEEDS	1 shot
MANGO CHUTNEY	2 tubs

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, chilli flakes (optional), ground allspice, dried thyme

KEY UTENSILS

saucepan, oven tray

NOTES

Add fresh coriander or mint to the salad if you have any! This will add an extra depth of flavour and freshness.



1. COOK THE RICE

Set oven to 220°C.
Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse with cold water.



2. ROAST THE SWEET POTATOES

Cut sweet potato into large wedges or pieces. Coat with **1 tsp allspice, 1/4 tsp dried thyme, 1/4 tsp chilli flakes (optional), oil, salt and pepper**. Place on a lined oven tray and roast for 20-25 minutes or until cooked through.



3. MAKE THE DRESSING

Whisk 2 tbsp pineapple juice (from tin) together with 1/2 lime zest, 1/2 lime juice (wedge remaining) and **1 tbsp olive oil**. Set aside.



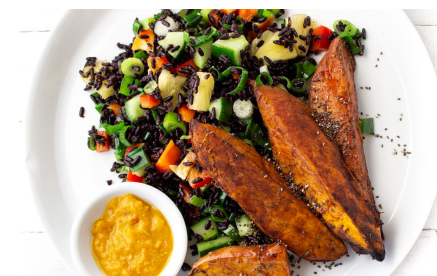
4. PREPARE THE SALAD

Dice cucumber and capsicum. Slice spring onions.



5. TOSS THE SALAD

Toss salad components with drained pineapple chunks, cooked rice and dressing. Season with **salt and pepper**.



6. FINISH AND PLATE

Toss sweet potatoes with chia seeds. Serve with pineapple rice and chutney.