



Product Spotlight: Thai Basil

Thai basil has a purple stem and an aroma of liquorice, cinnamon and mint. It still holds its flavour after cooking whereas sweet basil is best enjoyed fresh!



3 Thai Krawpow (Thai Basil Stir Fry)

This savoury and sweet stir fry is so full of flavour and super quick to prepare! Sweet Thai basil with crunchy water chestnuts and fresh veggies all cooked together with So Freo's delicious Thai veggie paté.

 30 minutes

 2 servings

 Plant-Based

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Spice it up!

If you have any lemongrass or kaffir lime leaves you can add this to the stir fry for extra fragrance! If you're vegetarian, you can top the dish with a crispy fried egg.

Per serve: **PROTEIN** 11g **TOTAL FAT** 5g **CARBOHYDRATES** 93g

FROM YOUR BOX

RED RICE	150g
RED ONION	1/2 *
RED CAPSICUM	1/2 *
TOMATO	1
GREEN BEANS	1/2 bag (75g) *
THAI BASIL	1 packet
RED CHILLI	1
WATER CHESTNUTS	1 tin
THAI VEGGIE PATÉ	1/2 packet
LIME	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Use coconut oil or sesame oil for more fragrance!

If you prefer more sauce in your stir fry you can use the whole packet of veggie pate and stir through 1/4-1/2 cup water.

Use any leftover veggie paté in a sandwich or on crackers. Or if you're not using straight away you can freeze it for a later date.



1. COOK THE RICE

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.



2. PREPARE VEGETABLES

Slice onion and capsicum, wedge tomato. Trim and halve beans. Pick basil leaves. Slice chilli and drain water chestnuts. Keep separate.



3. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with oil (see notes). Add onion and tomato. Crumble in Thai veggie paté and cook stirring for 3 minutes.



4. ADD THE VEGETABLES

Add capsicum, beans and water chestnuts to pan. Cook for 5 minutes until tender. Stir through basil leaves, lime zest and 1/2 the lime juice (see notes). Season to taste with **salt and pepper**.



5. FINISH AND PLATE

Divide rice and stir fry among bowls. Garnish with sliced chilli and serve with remaining lime wedges.

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**

