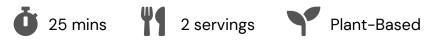






Seasoned tempeh, in a rich coconut based Island Curries massaman curry with tomatoes and capsicum served over rice.



30 April 2021

FROM YOUR BOX

BASMATI RICE	150g
GARLIC	1 clove *
GREEN CAPSICUM	1
BROCCOLI	1
CURRY PASTE	1 sachet
COCONUT MILK	400ml
TINNED TOMATO	1
ТЕМРЕН	1 packet
CORIANDER	1/2 packet *

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

saucepan, large frypan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes) and add 1 crushed garlic clove. Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SIMMER THE BROTH

Heat a saucepan over medium heat. Chop capsicum and broccoli, add to pan with curry paste, cook stirring for 3-4 minutes. Add coconut milk, tomatoes and **1 tin water (400ml)**, simmer for 5-8 minutes. Season with **salt**.



3. COOK THE TEMPEH

Cut tempeh. Reheat frypan over mediumhigh with **oil**. Cook for 4-5 minutes until warmed through.



4. FINISH AND PLATE

Divide garlic rice evenly among bowls. Top with broth and tempeh. Roughly chop coriander and sprinkle on top.

