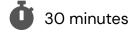




# Pineapple Rice

# with Roasted Cashew Topping

A fragrant coconut rice with tropical pineapple pieces and asian greens, all cooked in the one pot. Topped with a roasted cashew and mint topping.







This rice dish is easy to bulk out, so you can have leftovers for lunch or feed extra mouths for dinner! Add broccoli or cauliflower to the veggies. Stir through tempeh or tofu at the end!

PROTEIN TOTAL FAT CARBOHYDRATES

21g 54g 128g

#### FROM YOUR BOX

| SHALLOT          | 1                  |
|------------------|--------------------|
| ASIAN GREENS     | 2 bulbs            |
| RED CAPSICUM     | 1/2 *              |
| PINEAPPLE PIECES | 1 tin              |
| THAI RICE KIT    | 1 packet           |
| COCONUT MILK     | 165ml              |
| RADISHES         | 1/2 bunch *        |
| MINT             | 1/2 bunch *        |
| CASHEWS          | 1/2 packet (40g) * |
|                  |                    |

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, olive oil, soy sauce (or tamari), pepper, white wine (or rice wine) vinegar

#### **KEY UTENSILS**

large frypan with lid

#### **NOTES**

Use coconut oil to cook the veggies for extra fragrance.



#### 1. PREPARE THE VEGGIES

Slice shallot, asian greens and capsicum. Drain pineapple pieces.



## 2. SAUTÉ THE VEGGIES

Heat a frypan over medium-high heat with oil (see notes). Add veggies and cook for 3-4 minutes until softened. Add spice and coconut/pineapple from rice kit and sauté for 2 minutes until fragrant.



#### 3. SIMMER THE RICE

Stir in rice from kit along with coconut milk and 11/2 cups water. Cover and cook for 20 minutes, stirring occasionally.



## 4. PREPARE THE TOPPING

Wedge radishes and slice mint leaves. Roughly chop cashews. Toss together with 2 tsp vinegar and 1 tbsp olive oil.



## **5. FINISH AND PLATE**

Fluff the rice with a fork and season with soy sauce and pepper. Divide among bowls with radish topping.



