



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Rice


Red rice has a natural red pigment in its bran layer. It has a bold floral flavour which compliments Thai flavours such as lemongrass and lime.



1 Stuffed Capsicum with Tempeh

Red rice tossed through tomato and tempeh in warmed spices, stuffed in capsicum to serve.

 30 minutes

 2 servings

 Plant-Based

22 October 2021

Spice it up!

For even more flavour in this dish cook the filling with 1 diced brown onion, 1 tbsp tomato paste and 1 tsp ground turmeric.

Per serve: **PROTEIN** 23g **TOTAL FAT** 47g **CARBOHYDRATES** 108g

FROM YOUR BOX

RED RICE	150g
RED CAPSICUM	1
TEMPEH	1 packet (200g)
TOMATO	1
GREEN BEANS	1/2 bag (75g) *
BABY SPINACH	1/2 bag (60) *
LEBANESE CUCUMBER	1
COCONUT YOGHURT	1/2 tub (150g) *
MINT	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cinnamon, cumin seeds, white wine vinegar

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

If you don't have cumin seeds you can use 1/2 tsp ground cumin or ground coriander.



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 until tender. Drain and rinse.



2. ROAST THE CAPSICUM

Cut capsicum in half lengthways and remove seeds. Place on a lined oven tray and roast for 10–12 minutes.



3. SAUTÉ THE FILLING

Heat a large frypan with **oil**. Crumble in tempeh and add **1 tsp cinnamon** and **1 tsp cumin seeds**. Dice tomato, trim and slice green beans. Add to pan as you go. Cook, stirring, for 2–3 minutes until beans are tender.



4. FINISH THE FILLING

Toss the rice and baby spinach through cooked filling. Season with **salt and pepper**. Cook for a further 2–3 minutes or until spinach wilts.



5. PREPARE THE RAITA

Grate cucumber. Mix in a bowl with coconut yoghurt, **2 tsp vinegar, salt and pepper**.



6. FINISH AND SERVE

Divide capsicums among plates and add cooked filling, serve with raita. Roughly chop mint leaves and use as garnish.

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**

