



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 an alternative to white & brown rice.



1 Toasted Coconut & Black Rice Salad

A festive salad of fragrant black rice with sweet bursts of corn, spiced jackfruit, fresh mint, zesty lime and toasted coconut.

 30 minutes

 2 servings

 Plant-Based

7 December 2020

Spice it up!

For extra fragrance use sesame oil in the dressing and you can also add sweet chilli sauce if you have some.

Per serve: **PROTEIN** 15g **TOTAL FAT** 37g **CARBOHYDRATES** 114g

FROM YOUR BOX

BLACK RICE	150g
SHREDED COCONUT	1 packet (40g)
CORN COB	1
JACKFRUIT	1 packet
CHERRY TOMATOES	1/2 bag (100g) *
MINT	1/2 bunch *
SPRING ONION	1 *
RED CAPSICUM	1/2 *
LIME	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground coriander, maple syrup

KEY UTENSILS

frypan, saucepan

NOTES

Keep an eye on the coconut as it toasts, it will turn golden quite fast as it heats up.



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 with cold water.



2. TOAST THE COCONUT

Toast the coconut in a dry frypan over medium heat for 3–5 minutes until golden (see notes). Remove from pan.



3. COOK CORN & JACKFRUIT

Remove corn from cob and drain and roughly break apart jackfruit. Add to frypan over medium–high heat with **oil** and **2 tsp ground coriander**. Cook for 6–8 minutes until slightly charred. Season with **salt and pepper**.



4. PREPARE THE SALAD

Halve tomatoes. Slice mint leaves and spring onion. Dice capsicum.



5. MAKE THE DRESSING

Whisk together lime zest and juice, **2 tsp maple syrup** and **2 tbsp olive oil**.



6. FINISH AND PLATE

Toss salad together with cooked rice, corn, jackfruit and dressing. Season with **salt and pepper**. Divide among bowls and garnish with toasted coconut.

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

