



Product Spotlight: Carrot

Don't let your fridge dehydrate your vegetables, make sure you cover them well when storing in the fridge. Bendy carrots? Cut off the top and bottom and place in a container with water overnight!



2 Coconut Island Curry with Noodles

GH Produce Island Coconut Curry mix, served with noodles, fresh vegetables and tempeh.

 30 mins

 2 servings

 Plant-Based

13 August 2021

Stir fry it!

Transform the meal into a stir fry. Sauté the vegetables and tempeh with the curry mix and half the coconut milk. Once vegetables are tender, add cooked noodles and toss together.

Per serve: **PROTEIN** 14g **TOTAL FAT** 70g **CARBOHYDRATES** 77g

FROM YOUR BOX

NOODLES	1 packet
BROWN ONION	1/2 *
ISLAND CURRY MIX	1 sachet
COCONUT MILK	400ml
SWEET CHILLI TEMPEH	1 packet (200g)
CARROT	1
GREEN CAPSICUM	1/2 *
SNOW PEAS	1/2 bag (75g) *
CORIANDER	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), apple cider vinegar

KEY UTENSILS

frypan, 2 saucepans

NOTES

We used coconut oil for extra flavour.



1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add the noodles and cook for 2–3 minutes until tender. Drain and rinse in cold water.



2. SAUTÉ ONION

Heat a large saucepan over medium–high heat with **oil** (see notes). Slice onion, add to pan as you go, and cook for 3–4 minutes. Stir in curry mix and cook for 1 minute.



3. SIMMER THE CURRY

Pour coconut milk into pan with **1 tin water**. Simmer, covered, for 8–10 minutes. Season with **1/2 tbsp vinegar**, **2 tsp soy sauce** and **pepper**.



4. COOK THE TEMPEH

Heat a frypan over medium–high heat with **oil**. Break up tempeh and add to pan. Cook for 3–5 minutes or until warmed through.



5. PREPARE FRESH TOPPING

Thinly slice carrot and capsicum. Trim and slice snow peas. Roughly chop coriander.



6. FINISH AND PLATE

Divide noodles among bowls. Spoon over curry, top with tempeh and fresh toppings.

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**

