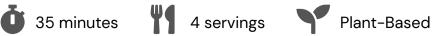


Product Spotlight: Coconut

Coconut contains no cholesterol or trans fats, while being rich in a number of essential nutrients including dietary fibre, manganese, copper and selenium.

Yogi Bowl with Roast Vegetables

A Jewelled Dhal mix from Turban Chopsticks served with roasted vegetables, fresh toppings and toasted coconut chips.







Switch it up!

If you don't want to roast your vegetables, simply cut them into smaller pieces and add to the pan with the yogi bowl ingredients.

FROM YOUR BOX

BASMATI RICE	1 packet (300g)
JEWELLED DHAL MIX	1 packet
LEMON	1
PURPLE CARROTS	2
ZUCCHINIS	2
COCONUT CHIPS	1 packet (30g)
WATERCRESS	1 sleeve

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large saucepan, oven tray, frypan

NOTES

We used coconut oil for extra flavour.

Toasting the coconut chips is optional if you are in a hurry to get dinner on the table.



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes. Drain and rinse.



2. SIMMER THE YOGI BOWL

Heat a saucepan over medium-high heat with **oil**. Remove spice mix from packet and add to pan. Sauté for 1 minute. Add mung beans and 1 L water. Cover and simmer, stirring occasionally, for 20-25 minutes or until mung beans are tender. Zest lemon, reserve 1 tsp for step 3. Add remaining zest to saucepan along with 1/2 lemon juice. Season with **salt and pepper** to taste.



3. ROAST THE VEGETABLES

Slice carrot and cut zucchini. Toss on a lined oven tray with **oil**, reserved lemon zest, **salt and pepper.** Roast for 10-15 minutes or until vegetables are tender.



5. PREPARE THE TOPPINGS

Trim watercress. Wedge remaining lemon.



6. FINISH AND SERVE

Divide yogi bowl mixture and rice among shallow bowls. Top with roasted vegetables, fresh toppings and coconut chips.

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4. TOAST THE COCONUT

Heat a frypan over medium-high heat. Add coconut chips and toast for 5 minutes or until golden (see notes).

