




### 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.



## 1 Yogi Bowl with Roast Vegetables

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

 35 minutes

 4 servings

 Plant-Based

26 November 2021

## 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.*

Per serve: **PROTEIN** 9g **TOTAL FAT** 7g **CARBOHYDRATES** 47g

## 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.



### 4. TOAST THE COCONUT

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



### 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.

**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](mailto:hello@dinnertwist.com.au)

