



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Cucumber


The cucumber can certainly help you stay hydrated as 96% consists of water! All that water in the cucumber acts as a virtual broom, sweeping waste products out of your system.



1 Very Veggie Curry with Cucumber Raita

A quick curry packed full of veggies, served with red rice and a fresh cucumber raita.

 30 mins

 4 servings

 Plant-Based

10 September 2021

Spice switch!

If you don't have garam masala in your pantry, swap the spices out for curry powder, or a mix of ground turmeric and ground cumin.

Per serve: **PROTEIN** 24g **TOTAL FAT** 32g **CARBOHYDRATES** 81g

FROM YOUR BOX

| | |
|-------------------|------------------|
| RED RICE | 300g |
| SPRING ONIONS | 1/3 bunch * |
| ZUCCHINI | 1 |
| CHERRY TOMATOES | 1/2 bag (200g) * |
| GREEN BEANS | 1/2 bag (125g) * |
| LEBANESE CUCUMBER | 1 |
| COCONUT YOGHURT | 1/2 tub * |
| LITE-FRIED TOFU | 2 x 250g |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, garam masala, ground turmeric, vinegar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

For extra flavour, add 1 tsp (or to taste) shichimi togarashi to your rice (used in dish 4). Stir through to combine.

If you grate the cucumber, make sure to squeeze our excess liquid with your hands prior to mixing it with the yoghurt. We used white wine vinegar for the raita.



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 (see notes).



2. FRY THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice and add spring onions to pan with **1 tbsp garam masala and 3 tsp turmeric**. Cook for 2–3 minutes or until aromatic.



3. ADD THE VEGETABLES

Cut zucchini into crescents, halve cherry tomatoes, trim and slice green beans. Add to pan as you go with **1 3/4 cups water**. Simmer, semi-covered, for 5–8 minutes or until vegetables are just tender.



4. MAKE THE RAITA

Grate or finely dice the cucumber (see notes). Mix with yoghurt, **2 tsp olive oil, 2 tsp vinegar, salt and pepper**.



5. ADD THE TOFU

Slice tofu and stir through curry. Cook for 2–3 minutes until warmed through. Season with to taste **salt and pepper**.



6. FINISH AND SERVE

Spoon rice into bowls. Evenly divide curry and top with raita.

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**

