




### 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

 4 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** 11g **TOTAL FAT** 52g **CARBOHYDRATES** 73g

## FROM YOUR BOX

NOODLES	1 packet
BROWN ONION	1/2 *
ISLAND CURRY MIX	1 sachet
COCONUT MILK	400ml
SWEET CHILLI TEMPEH	2x 200g
CARROTS	2
GREEN CAPSICUM	1
SNOW PEAS	1/2 bag (125g) *
CORIANDER	1/2 packet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

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

## 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 **3 cups water**. Simmer, covered, for 8–10 minutes. Season with **1 tbsp vinegar**, **3 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 carrots 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](mailto:hello@dinnertwist.com.au)

