



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Coconut Milk

Coconut milk comes from blending coconut meat with water. Coconut's principal medium chain fatty-acids, lauric & capris acid, are nourishing, great for your immune system, anti-inflammatory and healing to the digestive system.



4 Pineapple Rice with Roasted Cashew Topping

A fragrant coconut rice with tropical pineapple pieces and asian greens, all cooked in the one pot. Topped with a roasted cashew and mint topping.



30 minutes



4 servings



Plant-Based

5 October 2020

Stretch the Dish!

This rice dish is easy to bulk out, so you can have leftovers for lunch or feed extra mouths for dinner! Add broccoli or cauliflower to the veggies. Stir through tempeh or tofu at the end!

Per serve: **PROTEIN** 13g **TOTAL FAT** 32g **CARBOHYDRATES** 67g

FROM YOUR BOX

RED ONION	1/2 *
ASIAN GREENS	1 bunch
RED CAPSICUM	1
PINEAPPLE PIECES	1 tin
CARROT	1
THAI RICE KIT	1 packet
COCONUT MILK	165ml
RADISHES	1/2 bunch *
MINT	1/2 bunch *
CASHEWS	1/2 packet (40g) *
BEAN SHOOTS	1 bag (250g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, soy sauce (or tamari), pepper, white wine (or rice wine) vinegar

KEY UTENSILS

large frypan with lid

NOTES

Use coconut oil to cook the veggies for extra fragrance.



1. PREPARE THE VEGGIES

Slice onion, asian greens and capsicum. Drain pineapple pieces.



2. SAUTÉ THE VEGGIES

Heat a frypan over medium-high heat with **oil** (see notes). Add veggies and cook for 3-4 minutes until softened. Grate in carrot. Add spice and coconut/pineapple from rice kit and sauté for 2 minutes until fragrant.



3. SIMMER THE RICE

Stir in rice from kit along with coconut milk and **1 1/2 cups water**. Cover and cook for 20 minutes, stirring occasionally.



4. PREPARE THE TOPPING

Wedge radishes and slice mint leaves. Roughly chop cashews. Toss together with bean shoots, **1 tbsp vinegar** and **2 tbsp olive oil**.



5. FINISH AND PLATE

Fluff the rice with a fork and season with **soy sauce and pepper**. Divide among bowls with radish topping.

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**

