



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Black Rice

Black rice has many characteristics such as being low in carbohydrates, high in fibre and a source of protein.



4 Thai Patty with Satay Sauce

Homemade satay sauce with stir fried black rice and pickled vegetables.



30 mins



4 servings



Plant-Based

4 June 2021

Spice it up!

*Some fresh mint, bean shoots
and red chilli would make a great
addition to this meal.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	19g	85g

FROM YOUR BOX

BLACK RICE	300g
THAI PATTY MIX	1 packet
CONTINENTAL CUCUMBER	1
RADISHES	1/2 bunch *
COCONUT MILK	165ml
PEANUT BUTTER	2 slugs
BROCCOLI	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, white wine vinegar, sugar of choice, soy sauce (or tamari)

KEY UTENSILS

large frypan with lid, saucepan, small saucepan

NOTES

When pickling, we recommend you use a non-metallic bowl as the vinegar can react and cause a metallic taste in your food.

Most vinegars can be used to pickle, if you have rice wine vinegar, apple cider vinegar or white wine vinegar at home, these will all work well.

The Thai patty mix has a good amount of salt in it so we don't think it needs any extra seasoning added to it.



1. COOK THE RICE

Place rice in a saucepan, cover with water. Bring to a boil and simmer for 15–20 minutes or until tender.

Add patty mix to a bowl with 300ml water, set aside.



2. PICKLE VEGETABLES

In a large bowl (see notes) whisk together **1/2 cup vinegar** (see notes), **1 tbsp sugar** and **2 tsp salt**. Thinly slice cucumber and radishes, add to bowl and stir occasionally.



3. MAKE SATAY SAUCE

Add coconut milk and peanut butter to a small saucepan over medium heat. Whisk in **2 tbsp vinegar** and **2 tsp soy sauce**, cook until combined and thickened.



4. MAKE AND COOK PATTIES

Heat a large frypan over medium-high heat with **oil**. Mould patty mixture into 12 even sized balls. Press into the frypan, cook covered for 5 minutes on each side (see notes).



5. STIR FRY BROCCOLI

Finely chop broccoli. Reheat frypan over medium-high heat with **oil**. Add in broccoli cook for 3–4 minutes. Pour in rice with **2 tsp soy sauce**, and stir fry with broccoli for further 2–3 minutes.



6. FINISH AND PLATE

Drain pickled vegetables. Evenly divide stir fried rice among bowls, top with pickled vegetables and patties. Drizzle over satay sauce.

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**

