



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Red Rice


Red rice has a natural red pigment in its bran layer. It has a bold floral flavour which compliments Thai flavours such as lemongrass and lime.




## 1 Stuffed Capsicum with Tempeh

Red rice tossed through tomato and tempeh in warmed spices, stuffed in capsicum to serve.

 30 minutes

 4 servings

 Plant-Based

22 October 2021

## Spice it up!

*For even more flavour in this dish cook the filling with 1 diced brown onion, 1 tbsp tomato paste and 1 tsp ground turmeric.*

Per serve: **PROTEIN** 19g **TOTAL FAT** 39g **CARBOHYDRATES** 97g

## FROM YOUR BOX

RED RICE	300g
RED CAPSICUMS	2
TEMPEH	2 packets (400g)
TOMATOES	2
GREEN BEANS	1/2 bag (125g) *
BABY SPINACH	1/2 bag (100g) *
LEBANESE CUCUMBER	1
COCONUT YOGHURT	1/2 tub (150g) *
MINT	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cinnamon, cumin seeds, white wine vinegar

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

If you don't have cumin seeds you can use 1 tsp ground cumin or ground coriander.



### 1. COOK THE RICE

Set oven to 220°C.

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



### 2. ROAST THE CAPSICUM

Cut capsicums in half lengthways and remove seeds. Place on a lined oven tray and roast for 10–12 minutes.



### 3. SAUTÉ THE FILLING

Heat a large frypan with **oil**. Crumble in tempeh and add **2 tsp cinnamon** and **2 tsp cumin seeds**. Dice tomatoes, trim and slice green beans. Add to pan as you go. Cook, stirring, for 2–3 minutes until beans are tender.



### 4. FINISH THE FILLING

Toss rice and baby spinach through cooked filling. Season with **salt and pepper**. Cook for a further 2–3 minutes or until spinach wilts.



### 5. PREPARE THE RAITA

Grate cucumber. Mix in a bowl with coconut yoghurt, **2 tsp vinegar, salt and pepper**.



### 6. FINISH AND SERVE

Divide capsicums among plates and add cooked filling, serve with raita. Roughly chop mint leaves and use as garnish.

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