




Product Spotlight: Coconut Milk


Coconut milk comes from blending a coconut's meat with water. Lauric acid and capric acid in coconuts are very nourishing, antimicrobial (great for your immune system), anti-inflammatory and healing to the digestive system.



4 Coconut Curry with Tempeh

Seasoned tempeh, in a rich coconut based Island Curries massaman curry with tomatoes and capsicum served over rice.

 25 mins

 4 servings

 Plant-Based

30 April 2021

Per serve: **PROTEIN** 33g **TOTAL FAT** 42g **CARBOHYDRATES** 82g

FROM YOUR BOX

BASMATI RICE	300g
GARLIC	1 clove *
GREEN CAPSICUM	1
BROCCOLI	1
CURRY PASTE	1 sachet
COCONUT MILK	400ml
TINNED TOMATO	1
TEMPEH	2 packets
CORIANDER	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

saucepan, large frypan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes) and add 1 crushed garlic clove. Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SIMMER THE BROTH

Heat a saucepan over medium heat. Chop capsicum and broccoli, add to pan with curry paste, cook stirring for 3-4 minutes. Add coconut milk, tomatoes and **1 tin water (400ml)**, simmer for 5-8 minutes. Season with **salt**.



3. COOK THE TEMPEH

Cut tempeh. Reheat frypan over medium-high with **oil**. Cook for 4-5 minutes until warmed through.



4. FINISH AND PLATE

Divide garlic rice evenly among bowls. Top with broth and tempeh. Roughly chop coriander and sprinkle on top.

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

