



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: TURBAN CHOPSTICKS SATAY PEANUTS

Handmade with love in Australia by Turban Chopsticks. This fragrant sauce has flavours of lemongrass, turmeric and ginger. It also does not contain shellfish or fish sauce.



4. SATAY CURRY

WITH RED RICE

 25 Minutes

 4 Servings

 Plant-based

A creamy satay peanut curry with coconut milk and lite fried tofu, finished with a squeeze of lime and served over fragrant red rice.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
30g	43g	74g

FROM YOUR BOX

RED RICE	300g
CARROT	1
RED CAPSICUM	1
SNOW PEAS	1 bag (150g)
LITE FRIED TOFU	2 packets
COCONUT MILK	400ml
SATAY SAUCE	1 jar
LIME	1
CHIVES	1/2 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper

KEY UTENSILS

saucepan, large frypan or saucepan with lid

NOTES

Use coconut oil to cook the veggies for extra fragrance. Spice up the dish - add grated ginger, kaffir lime leaves or fresh chilli!



1. COOK THE RICE

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. PREPARE THE VEGETABLES

Slice carrot and capsicum. Trim and halve snow peas. Dice or slice tofu.



3. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil** (see notes). Add vegetables and tofu. Cook for 3-4 minutes until tender.



4. SIMMER THE CURRY

Pour in coconut milk and satay sauce. Stir to combine. Cover and simmer curry for 6-8 minutes. Add lime zest and 1/2 the juice (wedge remaining). Season with **salt and pepper** to taste.



5. FINISH AND PLATE

Divide curry and rice over bowls. Garnish with sliced chives and serve with lime wedges.