



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

 2 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
39g	78g	97g

## FROM YOUR BOX

RED RICE	150g
CARROT	1
GREEN CAPSICUM	1/2 *
SNOW PEAS	1 bag (150g)
LITE FRIED TOFU	1 packet
COCONUT MILK	400ml
SATAY SAUCE	1 jar
LIME	1
CHIVES	1/3 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.