




### Product Spotlight: Kale


Kale can dehydrate quickly in the fridge. Trim and place in a bowl of water in the fridge to store or rehydrate.



## 4 Thai Black Rice Salad

Caramelised roasted vegetables tossed with crisp green beans, tender kale and fragrant black rice, finished with a punchy chilli & lime dressing.

 35 minutes

 2 servings

 Plant-Based

29 June 2020

### Spice it up!

*Toss the sweet potato with some cumin seeds or a curry paste for added flavour!  
Use sesame oil for the dressing and garnish with crispy fried shallots if you have any.*

Per serve: **PROTEIN** 25g **TOTAL FAT** 32g **CARBOHYDRATES** 130g

## FROM YOUR BOX

BLACK RICE	150g
SWEET POTATOES	400g
GARLIC	1 clove
MANGO CHILLI CHUTNEY	1/4 cup *
LIME	1
GREEN BEANS	1 bag (150g)
KALE	1/2 bunch *
THAI VEGGIE PATÉ	1/2 packet
MINT	1/2 bunch *
SUPER SEED SPRINKLES	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, chilli flakes, soy sauce (or tamari), sugar (of choice)

## KEY UTENSILS

oven tray, saucepan, frypan

## NOTES

The chutney may burn a little when roasting, we recommend placing the tray on a rack in the middle of the oven to prevent too much burning.

You could also crumble or thinly slice the paté and toss through the salad.

You can freeze the other half of the veggie paté for another time. This paté is great as a flavour base for noodles or on top of crackers for a snack.



### 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, or until tender. Drain and rinse.



### 2. ROAST THE SWEET POTATO

Cut sweet potato into cubes and toss on a lined oven tray with 1 crushed garlic clove, mango chilli chutney and 1 **tbsp soy sauce**. Roast for 25 minutes until cooked through.



### 3. MAKE THE DRESSING

Combine lime zest and juice with **1/2 tsp sugar**, **1 tbsp soy sauce**, **1/4 tsp chilli flakes** and **2 tbsp olive oil**. Set aside.



### 4. SAUTÉ VEGETABLES & PATÉ

Trim and halve beans. Roughly chop kale leaves. Dice paté. Add to a frypan over medium–high heat with **oil**. Cook for 3–5 minutes until tender and heated through.



### 5. TOSS THE SALAD

Chop mint leaves. Toss rice, sweet potato, vegetables and paté together with dressing.



### 6. FINISH AND PLATE

Divide salad among bowls and garnish with super seed sprinkles to taste.

**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**

