




### 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

 4 servings

 Plant-Based

29 June 2020

### Spice it up!

*Toss the pumpkin 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** 19g **TOTAL FAT** 19g **CARBOHYDRATES** 112g

## FROM YOUR BOX

BLACK RICE	300g
BUTTERNUT PUMPKIN	1
GARLIC	1 clove
MANGO CHILLI CHUTNEY	1/2 jar *
LIME	1
GREEN BEANS	1 bag (250g)
KALE	1/2 bunch *
THAI VEGGIE PATÉ	1 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.

Sauté the beans and kale separate from the paté if your frypan is not large enough.

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



### 1. COOK THE RICE

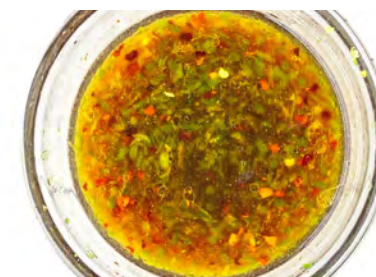
Set oven to 220°C.

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 PUMPKIN

Cut pumpkin 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 (see notes).



### 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** (see notes). Cook for 3–5 minutes until tender and heated through.



### 5. TOSS THE SALAD

Chop mint leaves. Toss rice, pumpkin, 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**

