



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



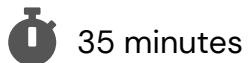
Product Spotlight: Kale

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 TOTAL FAT CARBOHYDRATES
25g 32g 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 PÂTÉ	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 pâté and toss through the salad.

You can freeze the other half of the veggie pâté for another time. This pâté 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.



4. SAUTÉ VEGETABLES & PÂTÉ

Trim and halve beans. Roughly chop kale leaves. Dice pâté. 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 pâté 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**

