



### Product Spotlight: Carrot

Don't let your fridge dehydrate your vegetables, make sure you cover them well when storing in the fridge. Bendy carrots? Cut off the top and bottom and place in a container with water overnight!



## 2 Coconut Island Curry with Boiled Eggs

GH Produce Island Coconut Curry mix, served with noodles, fresh vegetables and free range eggs.

 30 mins

 2 servings

 Vegetarian

13 August 2021

### Stir fry it!

*Transform the dish into a stir fry. Sauté the vegetables with the curry mix and half the coconut milk. Once vegetables are tender, add cooked noodles and serve with boiled eggs.*

Per serve: **PROTEIN** 19g **TOTAL FAT** 47g **CARBOHYDRATES** 59g

## FROM YOUR BOX

FREE RANGE EGGS	4
BROWN ONION	1/2 *
ISLAND CURRY MIX	1 sachet
COCONUT MILK	400ml
NOODLES	1 packet
CARROT	1
GREEN CAPSICUM	1/2 *
SNOW PEAS	1/2 bag (75g) *
CORIANDER	1/2 packet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking (see notes), pepper, apple cider vinegar, soy sauce (or tamari)

## KEY UTENSILS

2 saucepans

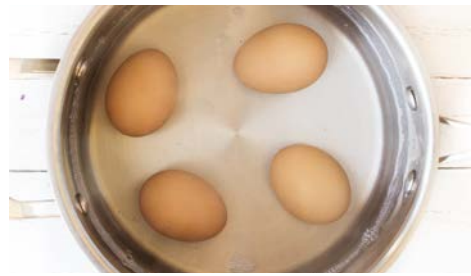
## NOTES

Cook for 6–8 minutes for hard boiled eggs.

We used coconut oil for extra flavour.

Serve with some thinly sliced fresh chilli if desired.

**Protein upsize – protein upsize is 1 jar kimchi.**  
Add the kimchi with the fresh toppings.



### 1. BOIL THE EGGS

Bring a saucepan of water to the boil. Add eggs and cook for 4–6 minutes (see notes). Remove with a slotted spoon (keep saucepan of boiling water on the heat).



### 2. SAUTÉ ONION

Heat a large saucepan over medium–high heat with **oil**. Slice onion, add to pan as you go, and cook for 3–4 minutes. Stir in curry mix and cook for 1 minute.



### 3. SIMMER THE CURRY

Pour coconut milk into pan with **1 tin water**. Simmer, covered, for 8–10 minutes. Season with **1/2 tbsp vinegar**, **2 tsp soy sauce** and **pepper**.



### 4. COOK THE NOODLES

Add noodles to boiling water and cook for 2–3 minutes until tender. Drain and rinse in cold water.



### 5. PREPARE FRESH TOPPING

Thinly slice carrot and capsicum, trim and slice snow peas. Roughly chop coriander.



### 6. FINISH AND PLATE

Peel the boiled eggs and drop them in the curry. Divide noodles among bowls. Top with curry and fresh toppings (see notes)

**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**

