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.

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.

🕐 30 mins   🍴 4 servings   🥗 Vegetarian

13 August 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	26g	54g

FROM YOUR BOX

FREE RANGE EGGS	6
BROWN ONION	1/2 *
ISLAND CURRY MIX	1 sachet
COCONUT MILK	400ml
NOODLES	1 packet
CARROTS	2
GREEN CAPSICUM	1
SNOW PEAS	1/2 bag (125g) *
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)

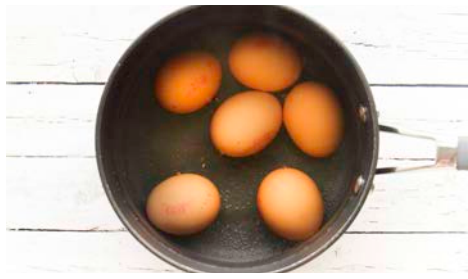## KEY UTENSILS

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 and 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 **3 cups water**. Simmer, covered, for 8-10 minutes. Season with **1 tbsp vinegar, 3 tsp soy sauce, pepper.**

4. COOK THE NOODLES

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

5. PREPARE FRESH TOPPING

Thinly slice carrots 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**