



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CURRY LEAVES

Curry leaves come from a tree in the citrus fruit family. It releases a deliciously nutty aroma when cooked and is a staple in South Indian cooking.



1. YELLOW TEMPEH CURRY

WITH RED RICE

A mild and fragrant yellow coconut curry with tempeh and a background warmth from ginger and garam masala, served over red rice.

 30 Minutes

 2 Servings

 Plant-based

PER SERVE

| PROTEIN | TOTAL FAT | CARBOHYDRATES |
|---------|-----------|---------------|
| 35g | 43g | 70g |

13 April 2020

FROM YOUR BOX

| | |
|-----------------|------------------|
| RED RICE | 150g |
| LEEK | 1/2 * |
| CURRY LEAVES | 2 fronds |
| GINGER | 40g |
| CHERRY TOMATOES | 1/2 bag (100g) * |
| RED CAPSICUM | 1/2 * |
| NATURAL TEMPEH | 1 packet |
| COCONUT MILK | 400ml |

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, garam masala, ground turmeric

KEY UTENSILS

saucepan, large frypan with lid

NOTES

Use coconut oil to cook the curry for added flavour!

If you have any black mustard seeds you can add that to the curry as well!

Serve curry with fresh coriander or chilli if desired.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium heat with oil (see notes). Slice and add leek. Stir in **2 tsp garam masala** and **2 tsp turmeric** along with curry leaves. Cook for 5 minutes until leek is softened.



3. ADD THE VEGETABLES

Peel and grate ginger, halve tomatoes and slice capsicum. Add to pan as you go. Cook for 2 minutes until softened.



4. ADD TEMPEH & SIMMER

Dice or crumble in tempeh and pour in coconut milk. Cover and simmer for 6-8 minutes. Season to taste with **salt and pepper**.



5. FINISH AND PLATE

Divide rice and curry among plates.