




Product Spotlight: Coconut Milk


The principal medium chain fatty-acids in coconut milk are lauric acid and capric acid. Both are very nourishing, antimicrobial (great for your immune system), anti-inflammatory and healing to the digestive system.



Red Curry Noodles with Crispy Chickpeas

Fragrant and delicious red Thai curry cooked with broccoli and white sweet potato, served over rice vermicelli noodles with a crispy chickpea, coconut and sesame seed topping.

 30 minutes

 4 servings

 Plant-Based

Skip it!

We love the crispy chickpea topping, but if you want to skip a step (or reduce the washing up!), add the drained chickpeas to the curry and sprinkle the coconut and sesame seeds on top to serve.

Per serve: **PROTEIN** 24g **TOTAL FAT** 39g **CARBOHYDRATES** 138g

FROM YOUR BOX

TINNED CHICKPEAS	2 x 400g
RICE VERMICELLI NOODLES	1 packet
BROWN ONION	1
RED CURRY PASTE	1 jar
COCONUT MILK	400ml
WHITE SWEET POTATO	500g
BROCCOLI	1
LEBANESE CUCUMBER	1
SNOW PEAS	150g
LIME	1
COCONUT + SESAME SEED MIX	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), stock cube of choice

KEY UTENSILS

oven tray, 2 saucepans

NOTES

The curry paste can be spicy, so use it to taste; we recommend using 1 tbsp if you don't like spice. Transfer any leftover paste into a freezable container and store it in the freezer to use at a later date.

Toast the coconut and sesame mix if you like!



1. CRISP THE CHICKPEAS

Set oven to 220°C and bring a saucepan of water to the boil.

Drain and rinse **chickpeas**. Pat dry. Toss with **2 tbsp oil, salt and pepper**. Roast for 15 minutes until chickpeas are crisp.



2. COOK THE NOODLES

Add **noodles** to boiling water and cook for 6–8 minutes or until al dente. Drain and rinse with cold water.



3. COOK THE CURRY

Heat a second saucepan over medium-high heat with **oil**. Thinly slice **onion**. Add 1/2 jar **curry paste** (see notes). Pour in **coconut milk, 3 tbsp soy sauce** and **1.2 L water**. Crumble in **stock cube**.



4. ADD THE VEGETABLES

Dice **sweet potato**. Add to curry. Bring to a simmer and cook for 10 minutes. Roughly chop **broccoli** (including tender stems). Add to pan and cook for further 5 minutes until sweet potato is tender.



5. PREPARE THE TOPPINGS

Ribbon **cucumber**, and trim and slice **snow peas**.

Zest **lime** and wedge half. Add zest and juice from 1/2 lime to curry and stir to combine.



6. FINISH AND SERVE

Divide noodles among bowls. Ladle over curry. Top with crispy chickpeas, **coconut sesame mix** and fresh toppings (see notes). Serve with lime wedges.



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