



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Chilli


Chilli is rich in vitamin C and is a metabolism booster! That's why you can feel warm when eating chillies!



3 Curried Coconut Greens with Flatbread

A great dish to pack in your green vegetables! Greens cooked in fragrant spices and coconut milk, with cannellini beans, flatbread and fresh toppings.

 35 minutes

 2 servings

 Plant-Based

26 November 2021

Add some herbs!

If you have any spare herbs in your fridge or garden like parsley, mint, basil, dill or coriander, use them to garnish your finished dish.

Per serve: **PROTEIN** 47g **TOTAL FAT** 32g **CARBOHYDRATES** 98g

FROM YOUR BOX

| | |
|-------------------------|-----------------|
| FLAT BREAD MIX | 1 packet (160g) |
| SHALLOT | 1 |
| KALE | 1 bunch |
| GREEN BEANS | 1 bag (150g) |
| GREEN CHILLI | 1 |
| AVOCADO | 1 |
| GINGER | 1 piece |
| TINNED CANNELLINI BEANS | 400g |
| COCONUT MILK | 165ml |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, garam masala

KEY UTENSILS

large frypan with lid, oven tray

NOTES

The flatbread mixture is made of chickpea flour and hemp seeds.

If you're looking to switch up this dish, you could turn it into a more traditional-style curry like saag. Sauté the shallot, ginger and garam masala until fragrant. Add the kale and 1 cup water, cook for 10 minutes. Use a stick mixer or food processor to blend to smooth consistency. Serve with grilled green beans, avocado, chilli and flatbread. Save the cannellini beans and coconut milk for a different meal.



1. PREPARE THE FLATBREAD

Set oven to 180°C.

Whisk together flatbread mix and **3/4 cup water**. Season with **salt and pepper**. Set aside for 7-10 minutes.



2. PREPARE INGREDIENTS

Thinly slice shallot and kale leaves. Trim and slice green beans. Slice chilli and avocado. Grate ginger.



3. BAKE THE FLATBREAD

Line an oven tray and drizzle with **olive oil**. Pour batter onto tray and spread with spatula. Bake for 20-25 minutes until golden and crisp round the edges.



4. COOK THE GREENS

Heat frypan over medium-high heat with **oil**. Add shallot, ginger and **1 tbsp garam masala**. Cook for 1 minute. Add kale, green beans, cannellini beans (including liquid), coconut milk and **1 tin water**. Cook, semi-covered, for 10 minutes. Season with **salt and pepper**.



5. FINISH AND PLATE

Garnish greens with avocado and chilli. Serve with flatbread.

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**

