

Red Curry Vegetable Rice (Serves 4)

INGREDIENTS

- 1 cup Brown Rice uncooked
- 2 cups Boiling Water
- 1 cup Frozen Peas
- 1 Cup Edamame (shelled)
- 3 cups Broccoli Florets
- 1/2 Red Pepper, diced
- 1/2 cup roasted peanuts
- 1/2 cup Fresh Coriander (Cilantro) roughly chopped

Garnish: Reserve some peanuts and chop, chilli flakes to taste & extra coriander

DRESSING

- 1 Tbsp. Red Curry Paste
 - 1 Tbsp. grated ginger
 - 1-2 Tbsp. Honey or Date puree
 - 165mls Light Coconut Cream
 - 1 Tbsp. Lemon Zest or Lemongrass
- Mix all dressing ingredients in a bowl and set aside.

METHOD

1. Cook Rice in boiling water for approx. 20-25 minutes. Follow packet directions.
2. Pre-cook all greens for 2-3 mins so they are bright green and slightly softened - do not overcook! Rinse in cold water to stop cooking, drain and set aside.
3. Dry roast peanuts in oven or microwave - watch they don't burn! If you have not done them in the microwave before it only takes 1-2 mins depending on quantity.
4. Combine rice and vegetables together, garnish and serve.
5. Eat on its own or serve as a side.

Optional : add cooked chicken to dish.

