

DINNERLY



Curried Rice Pilaf with Green Beans & Yogurt

Topped with Chopped Cashews & Pickled Onions



30min



2 Servings

We've been living in our hibernation clothes for some time now, so it feels appropriate that, like the squirrels, we're loading up! Not on acorns, silly....On dinner! This comfort food meal serves up a little more, so you can choose-your-own-adventure. Choose to fill your plate with an extra serving OR store it away for the next day OR share with a hibernating friend! It's a win-win-win. We've got you covered!

WHAT WE SEND

- 1 medium red onion
- garlic
- ½ lb green beans
- 2 oz salted cashews²
- ¼ oz pkt curry powder
- 10 oz basmati rice
- 4 oz container Greek yogurt¹

WHAT YOU NEED

- red wine vinegar (or apple cider vinegar)
- kosher salt & ground pepper
- sugar
- neutral oil
- butter¹

TOOLS

- medium Dutch oven or ovenproof pot with lid

ALLERGENS

Milk (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 640kcal, Fat 21g, Carbs 95g, Protein 16g



1. Prep ingredients

Preheat oven to 400° F with a rack in the center. Halve **onion** lengthwise and thinly slice into strips. Finely chop **2 teaspoons garlic**. Cut **green beans** crosswise into thirds. Coarsely chop **cashews**.

In a small bowl, combine **¼ cup onion**, **1 teaspoon vinegar**, and **a pinch each of salt and sugar**. Set aside to marinate, stirring occasionally, until step 6.



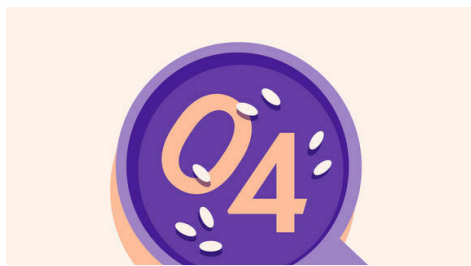
2. Cook veggies

Heat **1 tablespoon oil** in a medium Dutch oven or ovenproof pot with lid. Add **remaining onions** and **green beans**; cook, stirring occasionally, until softened and browned around the edges, 5–7 minutes. Stir in **chopped garlic** and **curry powder**; cook until fragrant, 1 minute more.



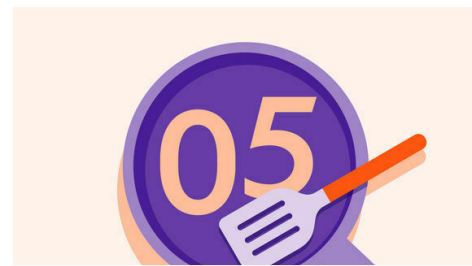
3. Cook rice

To pot with **veggies**, add **rice** and **2 tablespoons butter**. Cook, stirring, until butter is melted and rice is toasted, 2–3 minutes. Stir in **2½ cups water** and bring to a boil, scraping up any browned bits from bottom of pot. Cover pot and bake on center oven rack until water is absorbed, 18–22 minutes.



4. Prep yogurt

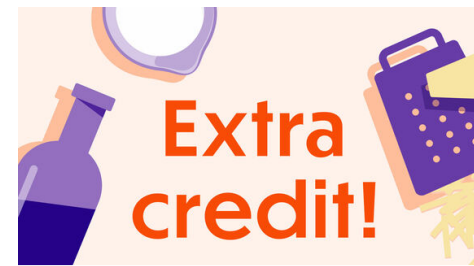
Meanwhile, in a small bowl, thin **yogurt** with **3 tablespoons water**; season to taste with **salt** and **pepper**.



5. Finish & serve

Remove pot with **rice** from oven and stir.

Top **curried rice pilaf** with **yogurt**, **chopped cashews**, and **pickled onions**. Enjoy!



6. Add a protein!

We made this a vegetarian meal on purpose, but if you have carnivores at the table, add a protein pack! Top your curried rice pilaf with some grilled chicken or shrimp.