

DINNERLY



Coconut Plant-Based "Beef" Curry with Peas & Jasmine Rice

 ca. 20min  2 Servings

If you have 20 minutes, you have the time to make this meal! It comes together in far less time than it would take to wait for a delivery! We combine plant-based ground 'beef', sweet peas, creamy coconut milk, and flavorful curry powder to make a hearty curry fit for any day of the week. Pickled red onions take it over the top. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- ¾ oz coconut milk powder^{7,15}
- 1 red onion
- ¼ oz curry powder
- 5 oz peas
- ½ lb pkg plant-based ground^{1,6,15}

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- red wine vinegar
- sugar

TOOLS

- small saucepan
- medium skillet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 780kcal, Fat 33g, Carbs 88g, Protein 32g



1. Cook rice

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.

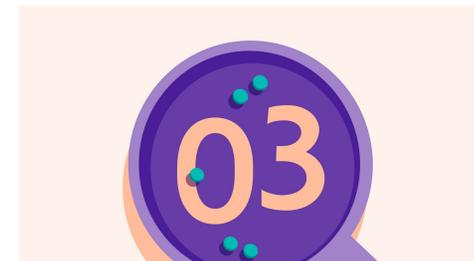


2. Prep ingredients

In a liquid measuring cup, whisk together **coconut milk powder** and **1 cup hot water**; set aside until step 4.

Halve and thinly slice **¼ cup onion**. Finely chop **remaining onion**. Finely chop **1 teaspoon garlic**.

In a small bowl, whisk together **1 tablespoon each of oil and vinegar** and a **generous pinch each of salt and pepper**. Add sliced onions; set aside to pickle for step 5.



3. Start curry

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chopped onions** and cook, stirring, until golden-brown, 3–4 minutes. Add **plant-based ground** and **½ teaspoon salt**; cook, breaking up into smaller pieces, until lightly browned, about 3 minutes.



4. Season curry & simmer

To skillet with **onions and plant-based ground**, stir in **chopped garlic** and **3 ½ teaspoons curry powder**; cook, stirring, until fragrant, about 1 minute. Stir in **coconut milk mixture** and **½ teaspoon sugar**; bring to a boil. Reduce heat to medium and simmer until mixture is thickened and reduced to about 1½ cups, about 3 minutes.



5. Finish curry & serve

To skillet with **curry**, stir in **peas**; cook until peas are tender and heated through, about 2 minutes. Season to taste with **salt** and **pepper**. Fluff **rice** with a fork.

Serve **rice** topped with **coconut curry**. Garnish with **pickled red onions** and drizzle with some of the **pickling liquid**, if desired. Enjoy!



6. Spice it up!

Even though curry powder is loaded with spices, it's not spicy! So, if you like when your curries pack a little bit of a punch, go ahead and top it with an Asian hot sauce or chili paste, like Sambal Oelek, Sriracha, or chili garlic sauce.