



# THAI MASSAMAN RICE

with Roasted Eggplant, Mushrooms and Bamboo Shoots

VEGGIE

SPICY



## HELLO

### BAMBOO SHOOTS

This popular Asian ingredient adds a little crunch to curries



Cremini Mushrooms



Cilantro



Baby Eggplant



Lime



Sliced Bamboo Shoots



Basmati Rice



Massaman Curry Paste



Coconut Milk



Smooth Peanut Butter



Chili Cashews

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 822



## BUST OUT

- Baking Sheet
- Medium Pot
- Large Pan
- Zester
- Measuring Cups
- Salt and Pepper
- Strainer
- Olive or Canola oil

## INGREDIENTS

2-person

- Cremini Mushrooms 227 g
- Cilantro 10 g
- Baby Eggplant 200 g
- Lime 1
- Sliced Bamboo Shoots 1 can
- Basmati Rice  $\frac{3}{4}$  cup
- **Massaman Curry Paste** 🍌 2 tbsp
- Coconut Milk 1 can
- Smooth Peanut Butter **7** 1  $\frac{1}{2}$  tbsp
- **Chili Cashews** 🍌 **5,9** 28 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.



## START STRONG

Preheat your oven to **425°F** (to roast the eggplant). Start prepping when your oven comes up to temperature!



**1 PREP** Wash and dry all produce.\* In a medium pot, bring **1  $\frac{1}{2}$  cups salted water** to a boil. Roughly chop the **mushrooms**. Roughly chop the **cilantro**. Cut the **eggplant** into 1-inch cubes. Zest, then cut the **lime** into wedges. Drain the **bamboo shoots**.



**2 ROAST EGGPLANT** On a foil-lined baking sheet, toss the **eggplant** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven until golden-brown, 20-25 min.



**3 COOK RICE** Meanwhile, add the **rice** to the boiling water. Reduce the heat to medium-low. Cover and cook until the rice is tender and all the water has been absorbed, 12-14 min.



**4 MAKE CURRY** Meanwhile, heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **mushrooms**. Cook until the mushrooms soften, 3-4 min. Add the **coconut milk, peanut butter, curry paste** and **bamboo shoots**. Stir together until everything is warmed through, 2-3 min.



**5 FINISH AND SERVE** Gently stir the **rice** and **eggplant** into the **curry**. Divide between bowls and sprinkle with the **lime zest, cilantro** and **chili cashews**. Squeeze over a **lime wedge**, if desired.

## AROY DEE!

That means 'delicious' in Thai!

