



NOV  
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## Thai Massaman Rice

with Roasted Eggplant and Mushrooms

For this Thai Massaman rice, we combined the creaminess of peanut butter (our secret ingredient!) and coconut milk against the fresh tanginess of cilantro and lime. Roasting the eggplant makes this dish extra special!

 **Prep**  
30 min

 **level 1**

 **veggie**



Eggplant



Cremini  
Mushrooms



Basmati Rice



Sliced Bamboo  
Shoots



Chili Cashews



Peanut Butter



Lime



Coconut Milk




Massaman Curry  
Paste



Cilantro

## Ingredients

	2 People	4 People	
Eggplant	1 pkg (200 g)	2 pkg (400 g)	
Cremeni Mushrooms	1 pkg (227 g)	2 pkg (454 g)	
Basmati Rice	1 pkg (170 g)	1 pkg (340 g)	
Sliced Bamboo Shoots	1 can	2 cans	
Chili Cashews 	1) 3) 4)	1 pkg (56 g)	2 pkg (113 g)
Peanut Butter	2)	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Lime	1	2	
Coconut Milk	1 can	2 can	
Massaman Curry Paste	1 pkg (2 tbsp)	2 pkg (4 tbsp)	
Cilantro	1 pkg (7 g)	2 pkg (14 g)	
Olive or Canola Oil*			

\*Not Included

## Allergens

- 1) Tree Nuts/Noix
- 2) Peanuts/Cacahuètes
- 3) Sulphites/Sulfites
- 4) Soy/Soja

## Tools

Medium Pot, Measuring Cup, Baking Sheet, Large Pan, Strainer, Zester

Ruler

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**Nutrition per person** Calories: 822 cal | Fat: 39 g | Protein: 20 g | Carbs: 102 g | Fiber: 9 g | Sodium: 448 mg

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



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

**2 Prep: Wash and dry all produce.** Roughly chop the **cremini mushrooms** and **cilantro**. Chop the **eggplant** into 1-inch pieces. Zest, then cut the **lime** into wedges. Drain the **bamboo shoots**. Bring **1¼ cups of salted water** (double for 4 people) to a boil in a medium pot.



**3 Roast the eggplant:** Toss the **eggplant** with a drizzle of **oil** on a foil-lined baking sheet. Season with **salt** and **pepper**. Roast in the centre of the oven until golden-brown, 20-25 min.

**4 Cook the rice:** Meanwhile, add the **rice** to the boiling water. Reduce the heat to medium-low. Cover and cook until the **rice** is tender and water has been absorbed, 10-12 min.



**5 Make the curry:** Meanwhile, heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **curry paste** and **mushrooms**. Cook for 3-4 min, then add the **coconut milk**, **peanut butter** and **bamboo shoots**. Cook until warmed through, 1-2 min.

**6 Finish and serve:** Gently stir the **rice** and **eggplant** into the curry. Scoop into bowls and sprinkle with **lime zest**, **cilantro** and **chili cashews**. Squeeze over **lime juice**, to taste. Enjoy!

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