

Panang Curry with Broccoli & Cauliflower

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Say goodbye to your favorite Thai restaurant! This curry is fresher and tastier than anything we've had outside of Bangkok. We're cooking broccoli and cauliflower up in a delicious coconut and basil curry. Edamame and jasmine rice round it out. Yum! (Do note, this recipe has a spicy kick to it.)

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Edamame
Cauliflower & Broccoli
Seasoned Coconut Milk
Curry Paste
Peanuts

Make The Meal Your Own

If you ordered the **Carb Conscious version**, you received zucchini "noodles" instead of the jasmine rice, reducing the **carbs per serving to 40g**. Replace all of step 1 with these instructions: Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Edamame** and saute until it starts to soften, about 1 to 2 minutes. Then add the **Zucchini "Noodles"**, salt and pepper and cook until the zucchini starts to brown, about 2 to 3 minutes. Remove from heat and set aside.

Don't love spice? The curry paste has a kick to it. Add just a little bit to start and taste as you go.

Good To Know

Health snapshot per serving – 630 Calories, 27g Protein, 15g Fiber, 33g Fat, 62g carbs, 16 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Cauliflower, Broccoli, Coconut Milk, Rice, Edamame, Peanuts, Brown Sugar, Red Curry, Yellow Curry, Lime Juice, Basil

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1. Cook the Rice and Edamame

Put the **Jasmine Rice** into a saucepan with 2 cups of water and a pinch of salt. Bring to a boil, cover and let simmer for 15 minutes.

After the rice has been simmering for 10 minutes, remove the lid and stir in the **Edamame**. Cover again, cook for 5 more minutes, then set aside.

2. Cook the Cauliflower and Broccoli

After you've added the edamame to the rice, heat 1 Tbsp olive oil in a large skillet over medium-high heat.

Add the **Cauliflower & Broccoli**, and cook until the broccoli is bright and the cauliflower is just fork tender, 10 to 12 minutes.

Add the **Seasoned Coconut Milk** and half of the **Curry Paste** (more if you like it spicy) and simmer for 3 minutes. Serve the rice topped with the cooked vegetables and a sprinkling of **Peanuts**. Enjoy!

Add a little water to the sauce if you'd like it to be thinner.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois