Mozambican Yellow Curry Rice Bowl

A simple curry that's packed with flavor. We're mixing roasted broccoli and toasted chickpeas with a mellow southern African yellow curry that's perfect with hearty Himalayan red and brown rice.

35 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT
- Large Saucepan
- Baking Sheet
- Large Mixing Bowl

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Himalayan Red & Brown Rice
- African Curry Sauce
- Broccoli
- Seasoned Chickpeas
- Radish, Tomato & Cucumber

Add Protein Cooking Instructions

Integrate into recipe: While the vegetables are roasting in step 4, cook the protein (per instructions below) and then slice into strips *(flake the salmon, leave shrimp whole)* and serve with the broccoli and chickpeas over the rice.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat *(high for steak.)* When the oil is hot, cook the protein until the:
CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.
STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.
SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.
SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 660 Calories, 15g Protein, 23g Fat, 103g Carbs, 22 Freestyle Points.

SCAN QR CODE to view YouTube cooking video

INGREDIENTS: Broccoli, Himalayan Red Rice, Brown Rice, Chickpeas, Daikon Radish, Red Radish, Tomato, Persian Cucumber, Coconut Milk, Mae Ploy, Golden Raisins, Vegetable Stock, Yellow Curry Powder, Garlic, Ginger, Cilantro, Cumin, Garam Masala.

meez meals

1. **Get Organized**
   Bring a large saucepan of water to boil over high heat and preheat your oven to 400.

2. **Cook the Rice and Sauce**
   Add the ***Himalayan Red & Brown Rice*** to the boiling water with a pinch of salt. Cook, uncovered, until tender, about 25 to 30 minutes. Drain the rice.

3. **Warm the Sauce**
   While the rice is still in the colander, put the ***African Curry Sauce*** in the now-empty saucepan and bring to a boil. Turn off the heat and stir the drained rice into the sauce, then cover and set aside.

4. **Roast the Chickpeas and Broccoli**
   While the rice is cooking, combine the ***Broccoli*** and ***Seasoned Chickpeas*** in a large mixing bowl. Toss with olive oil, salt, and pepper, then arrange in a single layer on a baking sheet. Cook until the broccoli is fork tender and chickpeas are golden brown, about 15 minutes.

5. **Put It All Together**
   Serve the roasted chickpeas and broccoli over the curry rice. Top with the ***Radish, Tomato & Cucumber*** and enjoy!

It doesn't matter how much water you use in the pot as long as there is enough to keep the rice entirely submerged during cooking.