

# 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

**Omnivore's Option** – Roasted chicken breast is great with this dish. Slice it, and then add to the broccoli and cauliflower.

**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** – 700 Calories, 28g Protein, 15g Fiber, 22 Smart Points.

**Lightened up snapshot** – 480 Calories, 15g Fat and 14 Smart Points if you use ¼ of the peanuts and ½ the seasoned coconut milk.

**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

*meez* meals

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

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!

*Love this recipe? #meezmagic*

Instructions for two servings.

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