

BBQ VEG WITH COCONUT RICE & GRILLED CHILLI VINAIGRETTE

Serves – 4

Recipe By Courtney Roulston

Prep Time – 15 minutes

Cooking Time – 25 minutes

Ingredients

1 cup basmati rice

2 kaffir lime leaves

1/2 cup coconut milk (from a can)

3 green zucchinis, halved lengthways

2 medium purple eggplants cut into quarters

4 tablespoons extra virgin olive oil

2 long red chillies

2 cloves garlic, skins left on

Sea salt and pepper to taste

1/2 cup each round mint, coriander and Thai basil leaves

1/3 cup shredded coconut, toasted

Dressing:

1 tablespoon brown sugar

2 tablespoons fish sauce

Juice of 1 large lime

Method

Step 1. Place rice into a pot with 1.5 cups of water, coconut milk, a pinch of salt and 1 kaffir lime leaf. Bring up to a simmer and cook until the liquid has been absorbed. Cover with a lid and turn heat down to very low and leave to steam for 10 minutes. Once cooked remove the lime leaf then fluff with a fork and set aside to cool slightly.

Step 2. Meanwhile heat a grill plate over a medium heat. Toss the zucchini, eggplant, chillies and garlic with half the oil and season with salt. Grill the vegetables for 10 minutes, turning occasionally until the zucchinis are charred and the chilli and garlic are tender. Remove and set aside on a tray.

Step 3. Finely chop the charred chilli and mash the garlic into a paste. Mix in the sugar, fish sauce, lime juice and remaining oil so you have a fragrant dressing. Chop the zucchini and eggplant into rough chunks.

Step 4. Spread the rice onto a serving platter and top with the grilled vegetables. Spoon over the dressing then scatter with herbs and toasted coconut. Finely slice the remaining lime leaf then sprinkle over the top of salad and serve warm.