

Rapini With Coconut and Spices

Created for Bruce Croxon



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[The Tiffin Box](#)

Ingredients

1 pack (500g) frozen **Cookin' Greens Chopped Rapini**

1/2 cup hot unsalted or low sodium vegetable stock

2 tbsp coconut or unscented oil
(grapeseed, canola, vegetable)

1 tsp whole cumin seeds

1 tsp mustard seeds

1/8 tsp hot chilli pepper flakes

1 hot green chilli, finely chopped (optional)

4 cloves garlic, finely sliced

3 tbsp fresh grated coconut *see notes

Sea salt, to taste

Fresh ground black pepper, to taste

Tempering:

1 - 2 tbsp coconut or unscented oil

1 garlic clove, lightly smashed, but left whole

1 long, dried red chilli – crumbled (to taste)

Directions:

1. Heat the oil in a large sauté pan. When hot, add the cumin, mustard seeds, and chilli flakes. Stir together, until the cumin starts to sizzle and mustard seeds pop, about 30 seconds.
2. Add the sliced garlic and green chilli (if using) and sauté for an additional 30 seconds, until the garlic is fragrant.
3. Add frozen Cookin' Greens Chopped Rapini to the pan, and stir well, coating the rapini in the aromatic oil and spices. Add the hot vegetable stock. Cook for about 5 - 7 minutes, until the rapini is tender and the stock evaporated. Season generously with the sea salt and black pepper.
4. Take off the heat and stir in the grated coconut.
5. To make the tempering, heat the oil in a small pan. When the oil is hot, add the garlic and the red chilli. Sauté for about 30 seconds, until the chillies darken and the garlic is beginning to brown.
6. Pour over the rapini, and cover immediately with a lid to trap the aromas and infuse the flavours. Just before serving, stir together well.
7. Serve over plain steamed rice or wrapped in pita or naan bread. Excellent as a side-dish for richer meat dishes.