



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SUNFLOWER SEEDS

Sunflower seeds come from the centre of the sunflower and are a wonderful source of vitamin E, many minerals, essential fats and protein. They have a mild nutty flavour and can be eaten as snacks or sprinkled on top of a salad or stew.



3. COBB SALAD WITH SMOKEY TEMPEH

The classic Cobb salad starts with a bed of crisp lettuce and is finished with rows of toppings. This version has smoky pieces of tempeh and a creamy dijon mustard dressing.

 25 Minutes

 2 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
27g	92g	16g

2 March 2020

FROM YOUR BOX

VEGAN MAYONNAISE	1/2 cup *
BABY COS LETTUCE	1
CHERRY TOMATOES	1/2 bag (100g) *
CELERY STICK	1
PAPRIKA	1/2 *
AVOCADO	1
SEASONED TEMPEH	1 packet
CRUNCHY SPROUTS	1/3 punnet *
SUNFLOWER SEEDS	1/2 packet (20g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, smoked paprika, dijon mustard, sugar (of choice)

KEY UTENSILS

frypan

NOTES

Toast the seeds in a frypan if desired.



1. PREPARE THE DRESSING

Combine 1/2 cup mayonnaise with **2 tsp dijon mustard** and **1 tbsp water**. Season with **salt and pepper**. Set aside.



2. PREPARE THE SALAD

Roughly chop lettuce leaves. Halve tomatoes. Slice celery and paprika. Dice avocado. Keep separate.



3. PREPARE THE TEMPEH

Break apart tempeh into a bowl. Toss with **1 tsp smoked paprika**, **1 tsp sugar** and **2 tbsp oil**.



4. COOK THE TEMPEH

Heat a frypan over medium heat with **oil**. Add tempeh and cook for 3-4 minutes until caramelised and heated through.



5. FINISH AND PLATE

Arrange prepared salad, sprouts, seeds and tempeh on a serving platter in even strips (see notes). Serve with dressing on the side.