



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SUNFLOWER SEEDS

Sunflower seeds come from the centre of the sunflower and is 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 finished with rows of toppings. This version has smoky pieces of tempeh and a creamy dijon mustard dressing.

 25 Minutes

 4 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
23g	55g	12g

2 March 2020

FROM YOUR BOX

VEGAN MAYONNAISE	1/2 cup *
GEM LETTUCE	3 pack
CHERRY TOMATOES	1 bag (200g)
CELERY STICKS	2
CONTINENTAL CUCUMBER	1/2 *
AVOCADO	1
TEMPEH	2 packets
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. Dice cucumber and avocado. Keep separate.



3. PREPARE THE TEMPEH

Break apart tempeh into a bowl. Toss with **3 tsp smoked paprika**, **2 tsp sugar** and **3 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.