



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PEANUT BUTTER

Pic's award-winning peanut butter is made from fresh roasted peanuts in Nelson, New Zealand, and is perfect for our homemade satay sauce!

4. TEMPEH SKEWERS

WITH SATAY SAUCE



30 Minutes



4 Servings



Plant-based

Cumin tempeh skewers with a creamy peanut satay sauce, fresh cucumber salad and fragrant red rice.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
34g	24g	63g

24 February 2020

FROM YOUR BOX

RED RICE	300g
LIME	1
COCONUT MILK	165ml
PEANUT BUTTER	2 slugs
TEMPEH	2 packets
RADISHES	1/3 bunch *
CONTINENTAL CUCUMBER	1
RED CAPSICUM	1
CORIANDER	1/2 packet*

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, soy sauce (or tamari), ground cumin

KEY UTENSILS

saucepan, small saucepan, frypan or griddle pan, skewers (optional)

NOTES

Dress the salad with rice wine vinegar and sesame oil if desired.

Use maple syrup on the tempeh for a more sticky finish.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



2. MAKE THE SATAY SAUCE

Add 1/2 the lime zest and juice (wedge remaining), coconut milk and peanut butter in a small saucepan over medium heat. Whisk until combined and thickened. Stir in **1 tbsp soy sauce**. Remove from heat and set aside.



3. PREPARE THE TEMPEH

Cut tempeh into even size squares. Coat with **1 tsp cumin, oil, salt and pepper**. Thread onto skewers, if using.



4. COOK THE TEMPEH

Heat a frypan or griddle pan over medium-high heat. Cook tempeh skewers for 5-6 minutes, turning, until browned and heated through.



5. PREPARE THE SALAD

Slice radishes and ribbon cucumber. Slice capsicum and roughly chop coriander leaves. Add to salad bowl and toss to combine.



6. FINISH AND PLATE

Divide tempeh skewers among plates along with rice, salad and satay sauce. Serve with lime wedges.