



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: TEMPEH

Tempeh originated in Indonesia. The retention of the whole bean gives you a high protein content along with dietary fibre and vitamins!

3. BIBIMBAP BOWL

WITH CUCUMBER PICKLE

 30 Minutes

 4 Servings

 Plant-based

Bibimbap is originally a Korean dish and means "mixed rice". The bowls are assembled at the table with delicious seasoned tempeh, rice and lots of quickly stir-fried veggies.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
33g	47g	77g

11 May 2020

FROM YOUR BOX

BROWN RICE	300g
CONTINENTAL CUCUMBER	1
SESAME SEEDS	1/2 packet (15g) *
SPRING ONIONS	1/2 bunch *
CARROTS	2
BEAN SHOOTS	1 bag
SEASONED TEMPEH	2 packets

* Ingredient also used in another recipe

FROM YOUR PANTRY

salt, pepper, sesame oil, soy sauce (or tamari), red wine (or rice wine) vinegar, sugar (of choice)

KEY UTENSILS

saucepan, frypan

NOTES

Toast the sesame seeds in a dry frypan first if desired.

Add a crushed garlic clove or some chilli flakes to the dressing for some heat if desired. Use coconut, palm or brown sugar in the dressing so it dissolves quicker.



1. COOK THE RICE

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



2. PICKLE THE CUCUMBER

Ribbon cucumber using a vegetable peeler. Toss with sesame seeds (see notes), **1 tbsp vinegar**, **1 tsp sugar** and a pinch of **salt**. Set aside.



3. PREPARE THE DRESSING

Combine **2 tbsp sesame oil**, **2 tbsp soy sauce**, **1 tbsp vinegar** and **2 tsp sugar** in a bowl (see notes). Set aside.



4. COOK THE VEGETABLES

Slice spring onions into 4cm lengths. Cut carrots into matchsticks. Cook separately in a frypan over medium-high heat with **sesame oil** for 2-3 minutes each until tender. Season with **salt and pepper**. Repeat with bean shoots for 1 minute and set aside.



5. COOK THE TEMPEH

Slice tempeh and add to pan with **sesame oil**. Cook for 3-4 minutes each side or until heated through.



6. FINISH AND PLATE

Divide rice among bowls. Top with even amounts of vegetables and tempeh. Spoon over dressing. Squeeze out excess liquid from pickle and divide over top.