



### Product Spotlight: Sweet Potato Noodles

Sweet potato noodles, also known as “glass noodles”, have a lovely chewy texture and become translucent when cooked.



## Korean Tempeh Noodle Bowl with Sesame Dressing

A delectable noodle bowl dish featuring sweet potato glass noodles, crumbled tempeh warmed in the pan, stir-fried vegetables and finished with a savoury sesame dressing.



30 minutes



2 servings



Plant-Based

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## Make a stir-fry!

*You can stir-fry the noodles, vegetables, tempeh and dressing together in a pan for a warmer dish if preferred!*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 25g     | 22g       | 71g           |

## FROM YOUR BOX

|                      |          |
|----------------------|----------|
| SWEET POTATO NOODLES | 1 packet |
| GARLIC CLOVE         | 1        |
| SPRING ONIONS        | 1 bunch  |
| CARROT               | 1        |
| RED CABBAGE          | 1/4      |
| NATURAL TEMPEH       | 1 packet |

## FROM YOUR PANTRY

sesame oil, soy sauce or tamari, apple cider vinegar, sugar (of choice)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Use rice wine vinegar for a more authentic flavour if you have some.

The vegetables are cooked separately so you can add what you like to your bowl. You could also stir-fry the tempeh and the vegetables together if preferred.

The noodles can be sticky after sitting for a while. Simply rinse under running water before serving.



### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Cook noodles in boiling water according to packet instructions or until al dente. Drain, rinse and set aside.



### 2. PREPARE THE DRESSING

Crush garlic clove and combine with **1/2 tbsp sugar**, **1 tbsp sesame oil**, **2 tbsp soy sauce** and **1/2 tbsp vinegar** (see notes).



### 3. PREPARE THE VEGETABLES

Cut spring onions into 4cm lengths and carrots into similar length batons. Shred cabbage (use to taste). Keep separate.



### 4. COOK THE TEMPEH

Crumble tempeh and add to a frypan over medium-high heat with **1 tbsp soy sauce**. Cook for 2-3 minutes until heated through. Remove to a plate.



### 5. COOK THE VEGETABLES

Add spring onions to pan along with **1 tsp sesame oil**. Cook for 2 minutes until tender. Remove to a plate. Repeat with carrot (see notes).



### 6. FINISH AND SERVE

Arrange noodles (see notes), vegetables, cabbage and tempeh in bowls. Finish with dressing (use to taste).



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