



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



4 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** 15g **TOTAL FAT** 11g **CARBOHYDRATES** 63g

FROM YOUR BOX

SWEET POTATO NOODLES	2 packets
GARLIC CLOVES	2
SPRING ONIONS	1 bunch
CARROTS	2
BUTTON MUSHROOMS	150g
RED CABBAGE	1/4
NATURAL TEMPEH	1 packet
KIMCHI	1 jar

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 cloves and combine with **1 tbsp sugar**, **2 tbsp sesame oil**, **3 tbsp soy sauce** and **1 tbsp vinegar** (see notes).



3. PREPARE THE VEGETABLES

Cut spring onions into 4cm lengths and carrots into similar length batons. Thickly slice mushrooms. Shred cabbage. 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 carrots, then mushrooms (see notes).



6. FINISH AND SERVE

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



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