




### Product Spotlight: Bean Shoots


Bean shoots are one of the most nutritionally dense foods. They are a great source of vitamins, minerals, proteins and enzymes. Low in calories and high in iron, folate and fibre!



## J2 Tempeh Bibimbap Bowl with Kimchi

A healthy twist on a Korean favourite; cooked Asian greens and crumbled sweet chilli tempeh with fresh cucumber over sushi rice, topped with kimchi and a sprinkle of chilli.

 30 minutes

 2 servings

 Plant-Based

20 May 2022

## Mix it up!

*This dish can easily be made as a stir-fry. Heat a large wok or frypan with oil. Stir-fry the spring onions and Asian greens. Crumble in the tempeh along with sliced cucumber. Pour in the sauce and serve with rice.*

Per serve: **PROTEIN** 20g **TOTAL FAT** 56g **CARBOHYDRATES** 61g

## FROM YOUR BOX

SUSHI RICE	150g
SWEET CHILLI TEMPEH	1 packet
ASIAN GREENS	2 bulbs
SPRING ONIONS	4
LEBANESE CUCUMBER	1
RED CHILLI	1
BEAN SHOOTS	1 bag
KIMCHI	1 jar

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you would like a hotter sauce, use 1 tbsp of your favourite chilli sauce and 1/2 tbsp sugar (of choice) instead of sweet chilli sauce.



### 1. COOK THE RICE

Rinse sushi rice and place in a saucepan with 200ml water. Bring to the boil, then reduce heat to low. Cover and cook for 20 minutes, until rice is tender and water absorbed. Fluff with a fork and mix through **1/2 tbsp vinegar** and **salt** to taste.



### 2. MAKE THE SAUCE

Whisk together **2 tbsp sesame oil**, **1 tbsp vinegar**, **1 tbsp soy sauce**, **1 tbsp sweet chilli sauce (see notes)** and **1 tbsp water**. Leave to the side.



### 3. PREPARE INGREDIENTS

Crumble tempeh, slice Asian greens and spring onions (keep some green tops for garnishing) into 3 cm lengths. Roughly chop cucumber and thinly slice chilli. Keep all separate.



### 4. COOK THE TEMPEH

Heat a frypan over high heat with **oil**. Add tempeh and cook for 4-5 minutes until heated through and starting to crisp. Remove from pan and reduce heat to medium-high.



### 5. COOK THE VEGETABLES

Add more **oil** to frypan, cook Asian greens and spring onions for 2-3 minutes until tender. Season with **pepper** and **soy sauce**.



### 6. FINISH AND SERVE

Divide rice between bowls and top with tempeh, cooked vegetables, cucumber, bean shoots and chilli. Spoon on kimchi and top with reserved spring onions.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

