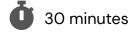




# **Vibrant Mango Salad**

with Satay Tempeh

Beautiful summer flavours all combined on a plate with satay tempeh and a homemade satay sauce.







You can place all salad ingredients into a large bowl and toss together with a little dressing and serve straight into bowls. Slice and add tempeh on the side or serve on the bottom. Fresh chilli and a squeeze of lime would make great extras.

TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

ROASTED PEANUTS	60g
BABY COS LETTUCE	1
AVOCADO	1
LEBANESE CUCUMBER	1
CARROT	1
MANGO	1
SATAY TEMPEH	1 packet (200g)
CORIANDER	1 packet (20g)

#### FROM YOUR PANTRY

oil for cooking, pepper, soy sauce or tamari, ground cumin, ground coriander

#### **KEY UTENSILS**

kettle, large frypan, stick mixer or small processor

#### **NOTES**

Cut carrot into sticks if preferred.



## 1. SOAK THE PEANUTS

Boil the kettle.

Place peanuts in a bowl and add 1/2 cup hot water from the kettle, 1/2 tbsp soy sauce, 1 tsp ground cumin and 2 tsp ground coriander. Allow to soak for 10 minutes.



### 2. MAKE THE SALAD

Wash and break apart the lettuce. Spread over a large serving platter. Slice avocado and roughly dice cucumber. Ribbon carrot with a peeler (see notes). Layer over the top of lettuce.



### 3. PREPARE THE MANGO

Peel and slice mango. Add roughly 1/3 to peanut mix and arrange remaining over platter.



# 4. COOK THE TEMPEH

Heat a frypan over medium-high heat with oil. Cut tempeh into triangles and fry for 1-2 minutes each side until heated through.



# **5. BLEND THE SAUCE**

Use a stick mixer to blend sauce to a smooth consistency. Season to taste with extra soy sauce and pepper.

Roughly chop the coriander.



## 6. FINISH AND SERVE

Tuck the tempeh into the platter and drizzle with a little sauce. Sprinkle with coriander and take to the table. Serve extra sauce on the side to be used to taste.

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



