

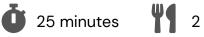
## **Product Spotlight:** Tempeh

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



# with Tempeh

Quickly fried Asian greens, spring onions and capsicum mixed with tempeh and seasoning from Ugly Mug Broth, and topped with peanuts and green chilli.









Cut all of the vegetables smaller and crumble the tempeh a little more. Toss together with the rice and bean shoots for family-friendly fried rice. Add other vegetables like corn or carrots to bulk it up as well.

#### FROM YOUR BOX

BASMATI RICE	150g
GINGER	1 piece
SPRING ONIONS	1 bunch
ASIAN GREENS	2 bulbs
RED CAPSICUM	1
GREEN CHILLI	1
ROASTED PEANUTS	1 packet (20g)
NATURAL TEMPEH	1 packet
TARE	1 sachet (50g)
BEAN SHOOTS	1 bag

#### FROM YOUR PANTRY

oil for cooking (see notes), pepper, soy sauce

#### **KEY UTENSILS**

large frypan or wok, saucepan

#### NOTES

We used sesame oil for added flavour in this dish. You could also use peanut oil or any mild flavoured oil.



# **1. COOK THE RICE**

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



## 2. PREPARE THE VEGETABLES

Grate ginger. Slice spring onions, Asian greens and capsicum. Slice chilli and roughly chop peanuts, keep separate.



### **3. STIR-FRY THE VEGETABLES**

Heat a large frypan or wok over high heat with **oil**. Add spring onions, ginger and capsicum, stir-fry for 1 minute. Crumble in tempeh and cook for a further 2 minutes.



4. ADD THE TARE

Add tare, Asian greens and half the bean shoots to the pan along with **2 tbsp water**. Cook for 2 minutes or until greens are cooked to your liking. Season to taste with **pepper** and **soy sauce**.



### **5. FINISH AND SERVE**

Divide rice into bowls and add stir-fry. Top with chilli, extra bean shoots and peanuts.

