



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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!



J2 Asian Green Stir-Fry 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.

 25 minutes

 2 servings

 Plant-Based

12 August 2022

Mix it up!

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.

Per serve: **PROTEIN** 41g **TOTAL FAT** 16g **CARBOHYDRATES** 106g

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.

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

