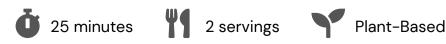


#### Product Spotlight: Avocado

Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact, they are high in good fats which can actually help lower cholesterol!

# Fried Tempeh Fingers with Kale and Sweet Potato

Seasoned tempeh cut into fingers and pan-fried. Served with oven-roasted sweet potatoes and cherry tomatoes on a bed of kale. Finished with a lemon, tahini dressing.



# Mix it up!

If tahini is not a favourite, add some crushed garlic and chopped parsley into the dressing. You could also replace the tahini with some plant-based mayonnaise for a creamy dressing.

#### FROM YOUR BOX

SWEET POTATOES	400g
CHERRY TOMATOES	1 bag (200g)
CORN COB	1
LEMON	1
KALE	4 leaves
AVOCADO	1
SEASONED TEMPEH	1 packet
RAW ALMONDS	30g

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce, maple syrup, tahini

#### **KEY UTENSILS**

large frypan, oven tray

#### NOTES

The kale can be pan fried for a couple of minutes with oil, salt and pepper if preferred.

You can arrange all the ingredients on a large platter and take to the table for sharing if preferred.



# **1. ROAST THE VEGETABLES**

#### Set oven to 220°C.

Dice sweet potatoes, halve cherry tomatoes and cut corn into rounds. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15-20 minutes until golden and cooked through.



# 2. MAKE THE DRESSING

Zest (to yield 1/2 tsp) and juice half lemon (wedge remainder). Whisk together in a bowl along with 1 tbsp tahini, 1/2 tbsp soy sauce, 1 tbsp olive oil, 1/2 tbsp maple syrup, 2 tbsp water, salt and pepper.



# **3. MASSAGE THE KALE**

Wash and remove kale leaves from stems. Roughly tear and massage with 1 tbsp of dressing for 2–3 minutes until tender (see notes). Chop avocado and to kale.



# **4. TOAST THE ALMONDS**

Heat a frypan over medium high-heat. Roughly chop and add the almonds. Toast for 1-2 minutes. Remove from pan, and keep pan over heat.



### **5. FRY THE TEMPEH**

Slice the tempeh into fingers. Add **oil** to frypan and fry tempeh for 2–3 minutes, turning, until heated through and crispy.



#### **6. FINISH AND SERVE**

Divide kale and avocado among plates. Top with roasted vegetables, tempeh fingers and toasted almonds. Add a lemon wedge and dressing to taste (see notes).

