



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Snow Peas


In France the snow pea is also known as mange-tout, meaning "eat it all". This is because of the unusual fact you can eat the pea, pod and all!



## J2 San Choy Bau with Sweet Chilli Tempeh

Crispy lettuce cups loaded with sweet chilli tempeh, corn and spring onions. Topped with crunchy snow peas and a squeeze of lime.

 20 minutes

 2 servings

 Plant-Based

11 March 2022

## Spice it up!

*The flavours of the san choy bau can be spiced up by adding some grated ginger, switching some of the sweet chilli sauce for sambal oelek or serving with some sliced fresh chilli!*

Per serve: **PROTEIN** 28g **TOTAL FAT** 23g **CARBOHYDRATES** 61g

## FROM YOUR BOX

BROWN BASMATI RICE	150g
BABY COS LETTUCE	1
SNOW PEAS	1 packet (150g)
LIME	1
SPRING ONIONS	4
CORN COB	1
SWEET CHILLI TEMPEH	1 packet (200g)

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce or tamari, sweet chilli sauce

## KEY UTENSILS

large frypan or wok, saucepan

## NOTES

We used sesame oil for extra flavour.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes. Drain and rinse.



### 2. PREPARE THE GREENS

Separate and wash lettuce. Thinly slice snow peas and zest and wedge lime, keep separate.



### 3. FRY THE VEGETABLES

Heat a wok or frypan over medium–high heat with **oil** (see notes). Slice spring onions (keep some green tops for garnish) and remove corn kernels from cob. Add to frypan as you go.



### 4. ADD THE TEMPEH

Crumble tempeh into pan, rinse packet with a little water and pour into pan. Stir fry for 1–2 minutes then add **1/2 tbsp soy sauce**, **1 tbsp sweet chilli sauce** and lime zest. Mix well.



### 5. STIR THROUGH THE RICE

Stir rice through tempeh mix and season to taste with **pepper and extra soy sauce**.



### 6. FINISH AND SERVE

Serve tempeh mix into lettuce cups and add snow peas, spring onion tops and a lime wedge. Serve with extra **sweet chilli and soy sauce**.

**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**

