Product Spotlight: Konjac Noodles

Konjac noodles are made from a fibre from the root of the konjac plant. They have very little flavour which makes them great for tossing through a salad with sauce, or into a broth!

J2 # Satay Tempeh
with Crunchy Cabbage and Noodles

Tallyho Satay Tempeh works so well with this crunchy cabbage salad. Easy to make satay sauce and konjac noodles round out a quick week-night dinner.

Spice it up!

Add some chilli sauce or fresh chilli into the satay sauce if you like some heat. Fresh ginger, kaffir lime leaves or lemongrass would also work well for a more full bodied sauce!

🕐 20 minutes 🍴 2 servings 🌱 Plant-Based

25 March 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	60g	47g

FROM YOUR BOX

ROASTED PEANUTS	1 packet (80g)
COCONUT MILK	165ml
LIME	1
KONJAC NOODLES	1 packet (250g)
LEBANESE CUCUMBER	1
ORIENTAL SLAW	1 packet (250g)
SATAY TEMPEH	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, sweet chilli sauce, garlic (1 clove), rice or white wine vinegar

KEY UTENSILS

large frypan, stick mixer or small processor, kettle

NOTES

We used sesame oil for extra flavour.

You can also dry fry the noodles in a frypan for 5-6 minutes after rinsing.

If you would prefer a warmer option, heat a frypan with sesame oil and stir fry the coleslaw and noodles. Season lightly with soy sauce, vinegar and pepper. Serve the cucumber on the side.

1. MAKE THE SAUCE

Place peanuts into a jug along with coconut milk, zest and juice from 1/2 lime (wedge remaining), **crushed garlic, 1 tbsp soy sauce, 1 tbsp sweet chilli sauce** and **1/4 cup of water.** Use a stick mixer to blend to a sauce. Season to taste with extra **soy sauce** and **pepper.**

2. PREPARE THE NOODLES

Boil the kettle. Drain the noodles from packet and rinse well. Place in a bowl and cover with boiling water for 1 minute or until tender. Drain and rinse (see notes).

3. MAKE THE SALAD

Halve and de-seed cucumber then slice. Place into a large bowl with oriental slaw. Add noodles and toss well with **1/2 tbsp oil, 1 tsp soy sauce, 1/2 tbsp vinegar** and **pepper** (see notes).

4. COOK THE TEMPEH

Heat a frypan over medium-high heat with **oil**. Roughly chop tempeh. Cook for 3-4 minutes until warmed through.

5. FINISH AND SERVE

Serve salad into bowls and top with tempeh. Spoon over sauce to taste and add a lime wedge.