



Product Spotlight: Brussels Sprouts

The vegetable many people love to hate! Brussels sprouts are packed with nutrients; one cup gives your daily requirement of vitamins C and K.



Spring Buddha Bowl with Maple Roasted Tempeh

A colourful and nourishing bowl with smoky roast sweet potato, beetroot and Brussels sprouts served with sweet maple tempeh topped with creamy avocado, toasted seeds and a lemon tahini dressing.



30 minutes



2 servings



Plant-Based

8 September 2023

Add some extra!

You can stretch this dish out with some quinoa, brown rice or other grain of choice! Add some lemon juice to the dressing so you have enough to cover it all.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	57g	78g

FROM YOUR BOX

SWEET POTATOES	300g
BEETROOT	1
BRUSSELS SPROUTS	100g
SEASONED TEMPEH	1 packet
CLUSTER MIX	1 packet (60g)
AVOCADO	1
HARVEST DRESSING	100g
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, maple syrup, soy sauce (or tamari)

KEY UTENSILS

2 oven trays, frypan

NOTES

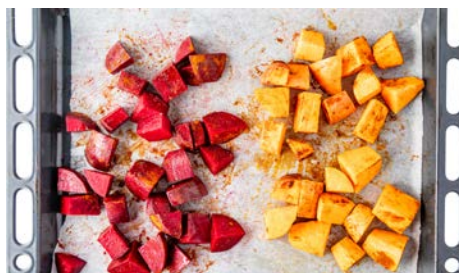
Toss the vegetables separately on the tray to prevent the beetroot from staining.

You can use cumin seeds or a pre-made spice mix of choice if you don't feel like using smoked paprika.

Cluster mix: sunflower seeds, pepitas, slivered almonds.



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1. ROAST THE ROOT VEG

Set oven to 220°C.

Dice sweet potatoes and beetroot into 3cm pieces, toss on a lined oven tray with **1 tsp paprika, oil, salt and pepper** (see notes). Roast for 20–25 minutes, or until cooked through.



4. PREPARE THE COMPONENTS

Halve avocado. Loosen dressing with **2 tbsp water**.



2. ROAST THE TEMPEH

Quarter Brussels sprouts and slice tempeh. Gently toss on a second lined oven tray with **1 tbsp maple syrup** and **oil**. Bake on bottom shelf of oven for 10 minutes.



5. FINISH AND SERVE

Assemble bowls with spinach topped with roast vegetables, tempeh and avocado. Drizzle with harvest dressing and sprinkle with seeds.



3. TOAST THE SEEDS

Meanwhile, add seed mix to a frypan with **1 tsp oil**. Add **2 tsp soy sauce** and cook, stirring, for 5 minutes until golden. Remove from heat.

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**

