



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Rice


Red rice has a natural red pigment in its bran layer. It has a bold floral flavour which complements Thai flavours like lemongrass and lime.



J2 Sticky, Crumbled Tempeh Bowl with Coconut Topping

Sweet, salty tempeh served with fragrant red rice and sautéed Asian greens, finished with a ginger and lime dressing.

 25 minutes

 2 servings

 Plant-Based

8 July 2022

Bake it!

Cut the tempeh into wedges and place in an ovenproof dish with sliced spring onions and Asian greens. Pour over the sauce and cook in a hot oven for 15 minutes. Serve with rice and bean shoots!

Per serve: **PROTEIN** 36g **TOTAL FAT** 36g **CARBOHYDRATES** 116g

FROM YOUR BOX

RED RICE	150g
GINGER	1 piece
LIME	1
PEANUTS AND COCONUT	1 packet (25g)
SPRING ONIONS	1 bunch
TEMPEH	1 packet
ASIAN GREENS	2 bulbs
BEAN SHOOTS	1 bag

FROM YOUR PANTRY

sesame oil, pepper, soy sauce, sugar, rice wine vinegar, sugar, chilli flakes (optional)

KEY UTENSILS

large frypan, saucepan

NOTES

We used brown sugar for this dish. If you don't have rice wine vinegar you can use white wine or white vinegar.

You could add the bean shoots in at this step if you would like to warm them through.



1. COOK THE RICE

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



2. MAKE THE SAUCE

Grate ginger to yield 1/2 tbsp and zest of lime. Mix in a bowl with **2 tbsp soy sauce**, **2 tbsp vinegar**, **1 tbsp sesame oil** and **1 tbsp sugar**. Set aside.



3. TOAST THE COCONUT

Heat a frypan over medium–high heat. Add coconut and peanuts and cook for 3–4 minutes or until coconut is golden. Remove from pan, keep pan over heat.



4. COOK THE TEMPEH

Add **sesame oil** to pan. Slice and add spring onions (reserve some green tops for garnish) with **1/2 tsp chilli flakes (optional)**. Crumble in tempeh and add **2 tbsp sauce**. Cook for 4–5 minutes until sticky. Remove from pan.



5. COOK THE ASIAN GREENS

Add **sesame oil** to pan. Slice and add Asian greens. Cook for 3–4 minutes until just tender. Season with **pepper** (see notes).



6. FINISH AND SERVE

Serve rice into bowls. Add tempeh, Asian greens and bean shoots. Garnish with reserved spring onion tops, coconut and peanuts. Serve with lime wedge and remaining dressing.

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

