



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Chilli

Chillies are rich in vitamin C and boost your metabolism, making you feel warm when you eat them. Don't forget to wash your hands well after preparing them!



J2 Tempeh San Choy Bow with Mango Salsa

Crispy cos lettuce cups filled with tempeh and rice, topped with fresh mango salsa and served with a punchy nam jim sauce.



25 minutes



2 servings



Plant-Based

25 November 2022

Mix it up!

Stir-fry the onion, capsicum, bean shoots and tempeh. Add the sauce and serve with the rice. Add the mango, coriander and lettuce as a side salad.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	29g	88g

FROM YOUR BOX

BASMATI RICE	150g
CORIANDER	1 packet (10g)
RED CHILLI	1
MANGO	1
BEAN SHOOTS	1 packet
BABY COS LETTUCE	1
SHALLOT	1
READY TO EAT TEMPEH	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), sugar (of choice), vinegar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

Add 1/2 a chopped garlic clove to the sauce and use brown or palm sugar, rice wine vinegar and a neutral-flavoured oil or sesame oil for a more authentic flavour.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE NAM JIM SAUCE

Finely chop coriander stems (reserve leaves for salsa) and chilli. Combine with **1 tbsp sugar, 2 tbsp soy sauce, 2 tbsp vinegar and 2 tbsp oil** (see notes). Set aside.



3. MAKE THE SALSA

Dice mango and chop coriander leaves. Toss together with 1/2 the bean shoots. Set aside.

Separate and rinse lettuce leaves.



4. COOK THE TEMPEH

Heat a frypan over medium-high heat with **1 tbsp oil**. Slice and add shallot to pan. Cook for 2 minutes until softened. Crumble in tempeh.



5. TOSS IN THE RICE

Toss cooked rice and remaining bean shoots into pan and stir to combine. Take off heat and season with **soy sauce and pepper**.



6. FINISH AND SERVE

Serve the lettuce cups at the table with tempeh filling, mango salsa and nam jim 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

