



Product Spotlight: Bay Leaf

Keep an eye out for your bay leaf as they are packed loose in your produce bag! These leaves have a herbal and slightly floral aroma that adds a layer of flavour to this stew.



Winter Warmer Stew with Tempeh

This stew is full of heartiness! A medley of root vegetables stewed with mustard and bay leaves with savoury crumbled tempeh, served on brown basmati rice and finished with parsley.



35 minutes



2 servings



Plant-Based

23 June 2023

Slow Cook it!

Add the diced root vegetables, chopped tomatoes, mustard and bay leaf to a slow cooker in the morning; so dinner is ready when you come home! Stir through the seasoned tempeh to warm through before serving.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	38g	95g

FROM YOUR BOX

BROWN BASMATI RICE	150g
BROWN ONION	1
CELERY STICK	1
PARSNIP	1
CARROT	1
TURNIP	1
BAY LEAF	1
MUSTARD	1 jar
TINNED CHOPPED TOMATOES	400g
SEASONED TEMPEH	200g
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, cornflour

KEY UTENSILS

small saucepan, large frypan or saucepan with lid

NOTES

The smaller the vegetables are diced the quicker the stew will cook. If you prefer larger pieces, simmer the stew for longer.



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1. COOK THE RICE

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE VEGETABLES

Dice onion. Slice celery, parsnip and carrot. Dice turnip into 2–3cm pieces (see notes).



3. SAUTÉ THE VEGETABLES

Heat a large frypan or saucepan over medium heat with **2 tbsp olive oil**. Add vegetables and bay leaf. Stir in **1/2 tbsp cornflour** until coated.



4. SIMMER THE STEW

Stir in mustard and chopped tomatoes until combined. Pour in **3 cups water**. Increase heat to medium-high, cover and simmer for 20 minutes until vegetables are cooked through.



5. ADD THE TEMPEH

Crumble tempeh to resemble a mince-like texture. Stir through stew and season with **salt and pepper** to taste.



6. FINISH AND SERVE

Divide stew and rice among bowls. Chop parsley and use to garnish.

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**

