

**Product Spotlight:
Enoki mushrooms**

Enoki mushrooms are mild in flavour and are a good source of many beneficial vitamins. Enjoy them in stir-fries, soups and stews, or raw as a garnish!



Korean Tempeh Lettuce Cups with Sesame Dipping Sauce

Crispy lettuce cups served with rice, seasoned tempeh, pepper mushrooms and a sesame soy dipping sauce.



25 minutes



4 servings



Plant-Based

3 March 2023

Switch it up!

You can transform this dish into a tempeh stir-fry! Whisk 1 tsp cornflour and 1/2 cup water into the dipping sauce until combined. Pour the sauce into the pan with tempeh and mushrooms. Simmer until thickened and serve over rice.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	23g	41g

FROM YOUR BOX

BASMATI RICE	300g
LIME	1
MIXED SESAME SEEDS	1 packet
BABY COS LETTUCE	2-pack
ENOKI MUSHROOMS	1 packet
SPRING ONIONS	1 bunch
CARROT	1
SEASONED TEMPEH	2 packets

FROM YOUR PANTRY

pepper, sesame oil, soy sauce or tamari, dried chilli flakes (optional)

KEY UTENSILS

large frypan, saucepan with lid

NOTES

You can toast the sesame seeds in a dry pan for a more roasted flavour.



1. COOK THE RICE

Place rice in a saucepan, cover with **600ml 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. MAKE THE DIPPING SAUCE

Combine **2 tbsp soy sauce**, **1 tbsp sesame oil**, **1/2 tsp chilli flakes**, **2 tbsp water** and juice from 1/2 lime. Stir in sesame seeds (see notes).

Separate and rinse lettuce leaves. Set aside.



3. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with **1 tbsp sesame oil**. Trim and add mushrooms to pan. Cook for 3 minutes and season with **pepper**. Remove to a bowl and keep pan on heat.



4. COOK THE TEMPEH

Slice spring onions (reserve green tops) and grate carrot. Add to pan along with crumbled tempeh and 1 tbsp dipping sauce. Cook for 3–5 minutes until combined.



5. FINISH AND SERVE

Assemble lettuce cups at the table with rice, mushrooms, tempeh and spring onion tops. Serve with dipping sauce and lime wedges.

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

