




Product Spotlight: Bean Shoots


Bean shoots are one of the most nutritionally dense foods. They are a great source of vitamins, minerals, proteins and enzymes. Low in calories and high in iron, folate and fibre!



J4 Tempeh Bibimbap Bowl with Kimchi

A healthy twist on a Korean favourite; cooked Asian greens and crumbled sweet chilli tempeh with fresh cucumber over sushi rice, topped with kimchi and a sprinkle of chilli.

 30 minutes

 4 servings

 Plant-Based

20 May 2022

Mix it up!

This dish can easily be made as a stir-fry. Heat a large wok or frypan with oil. Stir-fry the spring onions and Asian greens. Crumble in the tempeh along with sliced cucumber. Pour in the sauce and serve with rice.

Per serve: **PROTEIN** 16g **TOTAL FAT** 52g **CARBOHYDRATES** 57g

FROM YOUR BOX

SUSHI RICE	300g
SWEET CHILLI TEMPEH	2 packets
ASIAN GREENS	1 bunch
SPRING ONIONS	1 bunch
LEBANESE CUCUMBER	2
RED CHILLI	1
BEAN SHOOTS	1 bag
KIMCHI	1 jar

FROM YOUR PANTRY

sesame oil, salt, pepper, soy sauce or tamari, sugar (of choice), white or rice wine vinegar, sweet chilli sauce

KEY UTENSILS

large frypan, saucepan

NOTES

If you would like a hotter sauce, use 1 tbsp of your favourite chilli sauce and 1/2 tbsp sugar (of choice) instead of sweet chilli sauce.



1. COOK THE RICE

Rinse sushi rice and place in a saucepan with 400ml water. Bring to the boil, then reduce heat to low. Cover and cook for 20 minutes, until rice is tender and water absorbed. Fluff with a fork and mix through **1 tbsp vinegar** and **salt to taste**.



2. MAKE THE SAUCE

Whisk together **3 tbsp sesame oil**, **2 tbsp vinegar**, **1 1/2 tbsp soy sauce**, **2 tbsp sweet chilli sauce (see notes)** and **2 tbsp water**. Leave to the side.



3. PREPARE INGREDIENTS

Crumble tempeh, slice Asian greens and spring onions (keep some green tops for garnishing) into 3 cm lengths. Roughly chop cucumbers and thinly slice chilli. Keep all separate.



4. COOK THE TEMPEH

Heat a frypan over high heat with **oil**. Add tempeh and cook for 4-5 minutes until heated through and starting to crisp. Remove from pan and reduce heat to medium-high.



5. COOK THE VEGETABLES

Add more **oil** to frypan, cook Asian greens and spring onions for 2-3 minutes until tender. Season with **pepper** and **soy sauce**.



6. FINISH AND SERVE

Divide rice between bowls and top with tempeh, cooked vegetables, cucumber, bean shoots and chilli. Spoon on kimchi and top with reserved spring onions.

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**

