



### Product Spotlight: Mango

Mangoes were first grown in India over 5,000 years ago. In fact, the paisley pattern which was first developed there, is based on the shape of a mango.





## Mix it up!

*You can place all salad ingredients into a large bowl and toss together with a little dressing and serve straight into bowls. Slice and add tempeh on the side or serve on the bottom. Fresh chilli and a squeeze of lime would make great extras.*

## J4 Vibrant Mango Salad with Satay Tempeh

Beautiful summer flavours all combined on a plate with satay tempeh and a homemade satay sauce.

 30 minutes

 4 servings

 Plant-Based

## FROM YOUR BOX

|                    |                |
|--------------------|----------------|
| ROASTED PEANUTS    | 1 packet (60g) |
| FESTIVAL LETTUCE   | 1              |
| AVOCADOS           | 2              |
| LEBANESE CUCUMBERS | 2              |
| CARROTS            | 2              |
| MANGO              | 1              |
| SATAY TEMPEH       | 2 packets      |
| CORIANDER          | 1 packet (20g) |

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce or tamari, ground cumin, ground coriander

## KEY UTENSILS

kettle, large frypan, stick mixer or small processor

## NOTES

Cut carrots into sticks if preferred.



### 1. SOAK THE PEANUTS

Boil the kettle.

Place peanuts in a bowl and add **1/2 cup hot water** from the kettle, **1/2 tbsp soy sauce**, **1 tsp ground cumin** and **2 tsp ground coriander**. Allow to soak for 10 minutes.



### 2. MAKE THE SALAD

Wash and break apart the lettuce. Spread over a large serving platter. Slice avocados and roughly dice cucumbers. Ribbon carrots with a peeler (see notes). Layer over the top of lettuce.



### 3. PREPARE THE MANGO

Peel and slice mango. Add roughly 1/3 to peanut mix and arrange remaining over platter.



### 4. COOK THE TEMPEH

Heat a frypan to medium-high with **oil**. Cut tempeh into triangles and fry for 1-2 minutes each side until heated through.



### 5. BLEND THE SAUCE

Use a stick mixer to blend sauce to a smooth consistency. Season to taste with **extra soy sauce and pepper**.

Roughly chop the coriander.



### 6. FINISH AND SERVE

Tuck the tempeh into the platter and drizzle with a little sauce. Sprinkle with coriander and take to the table. Serve extra sauce on the side to be used to taste.

**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**

