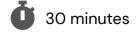




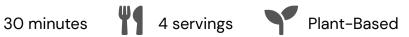
Vibrant Mango Salad

with Satay Tempeh

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







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.

TOTAL FAT CARBOHYDRATES

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



