




Product Spotlight: Avocado


Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact, they are high in good fats which can actually help lower cholesterol!



J4 Fried Tempeh Fingers with Kale and Sweet Potato

Seasoned tempeh cut into fingers and pan-fried. Served with oven-roasted sweet potatoes and cherry tomatoes on a bed of kale. Finished with a lemon, tahini dressing.

 25 minutes

 4 servings

 Plant-Based

3 June 2022

Mix it up!

If tahini is not a favourite, add some crushed garlic and chopped parsley into the dressing. You could also replace the tahini with some plant-based mayonnaise for a creamy dressing.

Per serve: **PROTEIN** 31g **TOTAL FAT** 31g **CARBOHYDRATES** 77g

FROM YOUR BOX

SWEET POTATOES	800g
CHERRY TOMATOES	1 bag (200g)
CORN COBS	2
LEMON	1
KALE	1 bunch
AVOCADO	1
RAW ALMONDS	1 packet (30g)
SEASONED TEMPEH	2 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce, maple syrup, tahini

KEY UTENSILS

large frypan, oven tray

NOTES

The kale can be pan fried for a couple of minutes with oil, salt and pepper if preferred.

You can arrange all the ingredients on a large platter and take to the table for sharing if preferred.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice sweet potatoes, halve cherry tomatoes and cut corn into rounds. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15–20 minutes until golden and cooked through.



2. MAKE THE DRESSING

Zest and juice half lemon (wedge remainder). Whisk together in a bowl along with **2 tbsp tahini, 1 tbsp soy sauce, 2 tbsp olive oil, 1 tbsp maple syrup, 1/4 cup water, salt and pepper**.



3. MASSAGE THE KALE

Wash and remove kale leaves from stems. Roughly tear and massage with 3 tbsp of dressing for 2–3 minutes until tender (see notes). Chop avocado and add to kale.



4. TOAST THE ALMONDS

Heat a frypan over medium high-heat. Roughly chop and add the almonds. Toast for 1–2 minutes. Remove from pan, and keep pan over heat.



5. FRY THE TEMPEH

Slice the tempeh into fingers. Add **oil** to frypan and fry tempeh for 2–3 minutes, turning, until heated through and crispy.



6. FINISH AND SERVE

Divide kale and avocado among plates. Top with roasted vegetables, tempeh fingers and toasted almonds. Add a lemon wedge and dressing to taste (see notes).

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**

