



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Tempeh

Tempeh originated in Indonesia. The retention of the whole bean gives you a high protein content along with dietary fibre and vitamins!



## J4 Niçoise Salad with Smokey Tempeh

A twist on a classic salad. Potatoes, beans, olives, lettuce and quick fried crumbled tempeh with a lemon shallot dressing.

 30 minutes

 4 servings

 Plant-Based

21 January 2022

## Crispy potatoes!

*If you prefer your potatoes crispy you can cut them a little smaller and toss them on a lined oven tray with oil, salt, pepper and dried herb of choice. Roast for 20-25 minutes at 220°C.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	37g	68g

## FROM YOUR BOX

BABY POTATOES	800g
GREEN BEANS	1 bag (250g)
SHALLOT	1
LEMON	1
DIJON MUSTARD	1 jar
READY TO EAT TEMPEH	2 packets
GEM LETTUCE	3-pack
GREEN OLIVES	1 jar
AVOCADO	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, maple syrup (or sweetener of choice)

## KEY UTENSILS

frypan, saucepan

## NOTES

You can adjust the amount of sweetness in your dressing by adding more or less maple syrup.

For younger palates you might prefer to serve with your favourite vegan mayonnaise.



### 1. COOK THE POTATOES

Halve potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10–12 minutes or until tender but still firm. See step 2.



### 2. BLANCH THE BEANS

Trim and halve the beans. Add to boiling water for the last 1–2 minutes of cooking time. Drain and rinse under cold water.



### 3. MAKE THE DRESSING

Finely dice shallot. Add to a small bowl with lemon juice, Dijon mustard, **1/3 cup olive oil, 2 tbsp water and 1 tsp maple syrup** (see notes). Whisk together well and season with **salt and pepper**.



### 4. COOK THE TEMPEH

Heat a frypan over medium–high heat with **oil**. Crumble tempeh into pan and cook for 3 minutes. Add **1 tbsp smoked paprika and 1 tbsp maple syrup**, cook for a further 1 minute. Season to taste with **salt and pepper**.



### 5. PREPARE SALAD

Wash and wedge lettuce, drain and rinse olives, peel and slice avocado. Keep separate.



### 6. FINISH AND SERVE

Divide potatoes, beans and salad ingredients among plates. Sprinkle over tempeh and dress 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**

