



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Sweet Potato

Sweet potatoes are rich in beta-carotene, converted by our bodies to vitamin A. Research shows diets rich in beta-carotene can protect against colon and prostate cancer.



## J4 Smokey Tempeh Burrito Bowl

Smoked paprika and ground cumin give this roasted tempeh and carrot bowl a delicious flavour, finished with avocado, fresh cherry tomatoes, and garlic lime sauce.



30 minutes



4 servings



Plant-Based

9 September 2022

### Spice it up!

*If you like a little heat, you can add some chilli flakes or cayenne pepper to the smoked paprika mix!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	41g	47g

## FROM YOUR BOX

CARROTS	2
NATURAL TEMPEH	2 packets
SORGHUM	200g
CORIANDER	1 packet
LIME	1
SKORDALIA	1 tub
CHERRY TOMATOES	1 bag (200g)
AVOCADO	1

## FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, ground cumin, maple syrup

## KEY UTENSILS

saucepan, oven tray, stick mixer or blender

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



### 1. BAKE THE TEMPEH

Set oven to 220°C.

Dice carrots and tempeh into 1-2cm pieces. Combine **2 tbsp olive oil**, **1 tbsp smoked paprika**, **1 tbsp cumin** and **1/2 tbsp maple syrup** with **salt and pepper**. Toss with sweet potato and tempeh on a lined oven tray and bake for 20 minutes.



### 4. PREPARE THE TOPPINGS

Wedge remaining lime, halve tomatoes and slice avocado.



### 2. COOK THE SORGHUM

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes or until tender. Drain and rinse under cold water.



### 5. FINISH AND SERVE

Divide sorghum, baked tempeh, sweet potato and fresh toppings among bowls. Serve with dressing to taste.



### 3. PREPARE THE DRESSING

Roughly chop coriander (reserve 1/2 for garnish). Blend together with 1/2 lime zest, juice from 1/2 lime, **2 tbsp water** and skordalia until smooth. Set aside.

**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](mailto:hello@dinnertwist.com.au)

