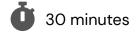




# **Smokey Tempeh Burrito Bowl**

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.







# Spice it up!

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

TOTAL FAT CARBOHYDRATES

29g

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.



### 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.



# 5. FINISH AND SERVE

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



