



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Red Chilli

Chillies are rich in vitamin C and boost your metabolism, making you feel warm when you eat them. Don't forget to wash your hands well after preparing them!



## J4 Tempeh San Choy Bow with Mango Salsa

Crispy cos lettuce cups filled with tempeh and rice, topped with fresh mango salsa and served with a punchy nam jim sauce.



25 minutes



4 servings



Plant-Based

25 November 2022

## Mix it up!

*Stir-fry the onion, capsicum, bean shoots and tempeh. Add the sauce and serve with the rice. Add the mango, coriander and lettuce as a side salad.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	15g	59g

## FROM YOUR BOX

BASMATI RICE	300g
CORIANDER	1 packet (10g)
RED CHILLI	1
MANGO	1
RED CAPSICUM	1
BEAN SHOOTS	1 packet
BABY COS LETTUCE	2-pack
RED ONION	1
TINNED WATER CHESTNUTS	227g
READY TO EAT TEMPEH	1 packet

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), sugar (of choice), vinegar (of choice)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Add 1/2 a chopped garlic clove to the sauce and use brown or palm sugar, rice wine vinegar and a neutral-flavoured oil or sesame oil for a more authentic flavour.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



### 2. MAKE THE NAM JIM SAUCE

Finely chop coriander stems (reserve leaves for salsa) and chilli. Combine with **1 tbsp sugar**, **2 tbsp soy sauce**, **2 tbsp vinegar** and **2 tbsp oil** (see notes). Set aside.



### 3. MAKE THE SALSA

Dice mango and capsicum. Chop coriander leaves. Toss together with 1/2 the bean shoots. Set aside.

Separate and rinse lettuce leaves.



### 4. COOK THE TEMPEH

Heat a frypan over medium-high heat with **1 tbsp oil**. Slice and add onion to pan. Drain and add water chestnuts. Cook for 5 minutes until softened. Crumble in tempeh.



### 5. TOSS IN THE RICE

Toss cooked rice and remaining bean shoots into pan and stir to combine. Take off heat and season with **soy sauce** and **pepper**.



### 6. FINISH AND SERVE

Serve the lettuce cups at the table with tempeh filling, mango salsa and nam jim sauce.

**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)

