

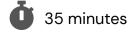




# **Winter Warmer Stew**

# with Tempeh

This stew is full of heartiness! A medley of root vegetables stewed with mustard and bay leaves with savoury crumbled tempeh, served on brown basmati rice and finished with parsley.







# Slow Cook it!

Add the diced root vegetables, chopped tomatoes, mustard and bay leaf to a slow cooker in the morning; so dinner is ready when you come home! Stir through the seasoned tempeh to warm through before serving.

TOTAL FAT CARBOHYDRATES

20g

77g

#### **FROM YOUR BOX**

BROWN BASMATI RICE	300g
BROWN ONION	1
CELERY STICKS	2
PARSNIPS	2
CARROT	1
TURNIP	1
BAY LEAVES	2
MUSTARD	1 jar
TINNED CHOPPED TOMATOES	400g
SEASONED TEMPEH	200g
PARSLEY	1 packet

#### FROM YOUR PANTRY

olive oil, salt, pepper, cornflour

#### **KEY UTENSILS**

small saucepan, large frypan or saucepan with lid

#### **NOTES**

The smaller the vegetables are diced the quicker the stew will cook. If you prefer larger pieces, simmer the stew for longer.





#### 1. COOK THE RICE

Place rice in a saucepan, cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



#### 2. PREPARE THE VEGETABLES

Dice onion. Slice celery, parsnips and carrot. Dice turnip into 2-3cm pieces (see notes).



# 3. SAUTÉ THE VEGETABLES

Heat a large frypan or saucepan over medium heat with 2 tbsp olive oil. Add vegetables and bay leaves. Stir in 2 tbsp cornflour until coated.



## 4. SIMMER THE STEW

Stir in mustard and chopped tomatoes until combined. Pour in 1L water. Increase heat to medium-high, cover and simmer for 20 minutes until vegetables are cooked through.



### 5. ADD THE TEMPEH

Crumble tempeh to resemble a mince-like texture. Stir through stew and season with salt and pepper to taste.



#### 6. FINISH AND SERVE

Divide stew and rice among bowls. Chop parsley and use to garnish.

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



