



### Product Spotlight: Broccoli

Don't forget the stem! Broccoli stems are sweet and full of flavour. If you have excess stem after preparing your broccoli, you can pickle them to enjoy later!



## Mushroom & Crumbled Tempeh Stroganoff

This mushroom and crumbled tempeh stroganoff combines locally-produced tempeh and mushrooms in a creamy coconut milk sauce, tossed with gluten-free tagliatelle and served alongside steamed broccoli for a hearty, flavour-packed meal.



30 minutes



2 servings



Plant-Based

### Spice it up!

*For an extra boost of flavour, add nutritional yeast or dijon mustard to the sauce, or switch the stock cube for soy sauce, tamari, or miso paste.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	29g	58g

## FROM YOUR BOX

BROWN ONION	1
BUTTON MUSHROOMS	100g
SEASONED TEMPEH	1 packet
GARLIC CLOVE	1
BROCCOLI	1
COCONUT MILK	165ml
FRESH TAGLIATELLE (GF)	1 packet
PARSLEY	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, stock cube

## KEY UTENSILS

large frypan, large saucepan

## NOTES

Add extra mushroom varieties to the stroganoff, such as shiitake, oyster, Swiss brown, and dried forrest mushrooms.

Add extra cooking liquid as needed to loosen the pasta and sauce.



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### 1. PREPARE THE INGREDIENTS

Bring a large saucepan of water to a boil.

Slice **onion** and **mushrooms** (see notes). Crumble or roughly chop **tempeh**, crush **garlic** and cut **broccoli** into florets.



### 2. SAUTÉ THE MUSHROOMS

Heat a large frypan over medium-high heat with **oil**. Add onion and sauté for 2 minutes. Add mushrooms, garlic and **3 tsp smoked paprika** (add extra **oil** as necessary). Sauté for 5 minutes until mushrooms begin to brown.



### 3. SIMMER THE SAUCE

Add **coconut milk**, crumbled **stock cube** and **1 cup water** to mushrooms. Stir the sauce, then simmer, semi-covered for 5 minutes.



### 4. COOK & TOSS THE PASTA

Add **pasta** to boiling water and cook for 4 minutes. Reserve **2 cups cooking liquid** and drain pasta. Return pasta to saucepan, add the sauce and **1 cup cooking liquid**. Toss to combine (see notes) and season to taste with **salt and pepper**.



### 5. COOK THE BROCCOLI

Wipe frypan clean and reheat over medium-high heat with **oil**. Add broccoli to pan along with **1/4 cup water**. Cook, covered, for 3 minutes until broccoli is tender. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Finely chop **parsley** (including tender stems).

Divide pasta among shallow bowls. Garnish with parsley and serve with a side of broccoli.

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