



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



4 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
	27g	35g	58g

FROM YOUR BOX

BROWN ONION	1
BUTTON MUSHROOMS	300g
SEASONED TEMPEH	1 packet
GARLIC CLOVES	2
BROCCOLI	1
COCONUT MILK	165ml
FRESH TAGLIATELLE (GF)	2 packets
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 **2 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 **3/4 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 **3/4 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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