



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



4/6 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
4/6 Person:	22g/28g	20g/28g	58g/71g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
BUTTON MUSHROOMS	300g	300g + 100g
SEASONED TEMPEH	1 packet	2 packets
GARLIC CLOVES	2	3
BROCCOLI	1	2
COCONUT MILK	165ml	2 x 165ml
FRESH TAGLIATELLE (GF)	2 packets	3 packets
PARSLEY	1 packet	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 forest 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.



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**.



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.

6P – use 1 **tbsp smoked paprika**.



5. COOK THE BROCCOLI

Wipe frypan clean and reheat over medium-high heat with **oil**. Add **broccoli** to pan along with **1/2 cup water**. Cook, covered, for 3 minutes until **broccoli** is tender. Season to taste with **salt and pepper**.



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.

6P – add **coconut milk**, crumbled **stock cube** and **1/2-1 cup water**.



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**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

