

**Product Spotlight:  
Enoki mushrooms**

Enoki mushrooms are mild in flavour and are a good source of many beneficial vitamins. Enjoy them in stir-fries, soups and stews, or raw as a garnish!



## Korean Tempeh Lettuce Cups with Sesame Dipping Sauce

Crispy lettuce cups served with rice, seasoned tempeh, pepper mushrooms and a sesame soy dipping sauce.



25 minutes



2 servings



Plant-Based

### Switch it up!

*You can transform this dish into a tempeh stir-fry! Whisk 1 tsp cornflour and 1/2 cup water into the dipping sauce until combined. Pour the sauce into the pan with tempeh and mushrooms. Simmer until thickened and serve over rice.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	25g	49g

## FROM YOUR BOX

BASMATI RICE	150g
LIME	1
MIXED SESAME SEEDS	1 packet
BABY COS LETTUCE	1
ENOKI MUSHROOMS	1 packet
SPRING ONIONS	1 bunch
CARROT	1
SEASONED TEMPEH	1 packet

## FROM YOUR PANTRY

pepper, sesame oil, soy sauce or tamari, dried chilli flakes (optional)

## KEY UTENSILS

large frypan, saucepan with lid

## NOTES

You can toast the sesame seeds in a dry pan for a more roasted flavour.



### 1. COOK THE RICE

Place rice in a saucepan, cover with **300ml 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. MAKE THE DIPPING SAUCE

Combine **2 tbsp soy sauce**, **1 tbsp sesame oil**, **1/2 tsp chilli flakes**, **2 tbsp water** and juice from 1/2 lime (wedge remaining). Stir in sesame seeds (see notes).

Separate and rinse lettuce leaves. Set aside.



### 3. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with **1 tbsp sesame oil**. Trim and add mushrooms to pan. Cook for 3 minutes and season with **pepper**. Remove to a bowl and keep pan on heat.



### 4. COOK THE TEMPEH

Slice spring onions (reserve green tops) and grate carrot. Add to pan along with crumbled tempeh and 1/2 tbsp dipping sauce. Cook for 3–5 minutes until combined.



### 5. FINISH AND SERVE

Assemble lettuce cups at the table with rice, mushrooms, tempeh and spring onion tops. Serve with dipping sauce and lime wedges.

**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**

