



**Product Spotlight:
Red Quinoa**

Quinoa is gluten-free, high in protein and one of the only plant foods to contain all nine essential amino acids.



Spring BBQ Tempeh Bowl with Red Quinoa

Enjoy the warm air by taking your cooking outside! Barbecued vegetables and tempeh served bowl-style over red quinoa with homemade BBQ sauce and crunchy red cabbage.



30 minutes



2 servings



Plant-Based

Spice it up!

Season the vegetables and tempeh with Cajun seasoning, cayenne pepper or smoked paprika for extra flavour. Add a dash of your favourite hot sauce to the BBQ sauce if desired.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	57g	85g

FROM YOUR BOX

RED QUINOA	100g
TOMATO PASTE	2 sachets
RED CABBAGE	1/4
RED CAPSICUM	1
ZUCCHINI	1
SEASONED TEMPEH	1 packet
AVOCADO	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, maple syrup, apple cider (or white wine) vinegar

KEY UTENSILS

BBQ (or griddle pan), saucepan x 2

NOTES

Drain quinoa for at least 5 minutes or press it down in a sieve to squeeze out the excess liquid.

Roast the vegetables and tempeh if preferred.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-15 minutes or until tender. Drain and rinse (see notes). Reserve saucepan for step 4.



2. MAKE THE BBQ SAUCE

Heat a pan over medium heat. Add **1 tbsp oil**, tomato paste and **1 1/4 tbsp paprika**. Cook for 1 minute. Add **1 1/2 tbsp vinegar**, **1 1/4 tbsp maple syrup** and **2/3 cup water**. Simmer for 3-5 minutes. Season to taste with **salt and pepper**.



3. PREPARE THE CABBAGE

Thinly slice cabbage. Add to a large bowl along with **1 tbsp vinegar**, **2 tbsp olive oil**, **salt and pepper**. Toss to combine.



4. BBQ VEGETABLES & TEMPEH

Thickly slice capsicum and zucchini. Coat with **oil, salt and pepper**. Cook on the barbecue for 10 minutes or until cooked to your liking (see notes). Halve and add tempeh. Cook for 1-2 minutes on each side.



5. SLICE THE VEGETABLES

Quarter avocado. Slice barbecued vegetables and dice tempeh.



6. FINISH AND SERVE

Divide quinoa among bowls. Top with barbecued vegetables, tempeh and red cabbage. Drizzle over BBQ sauce to taste.



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