



Product Spotlight: Tempeh

Tempeh originated in Indonesia. The retention of the whole bean gives you a high protein content along with dietary fibre and vitamins!



Balinese Tempeh Salad

Baby potatoes and green beans tossed through a delightful peanut butter gado gado sauce, topped with ribbons of fresh cucumber, pan-fried tempeh, fried shallots, peanuts and slices of fresh red chilli.



30 minutes



2 servings



Plant-Based

Bulk it up!

To bulk this meal up add wedges of fresh tomato, thinly sliced cabbage or radish, broccoli, or sliced avocado.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	24g	72g

FROM YOUR BOX

BABY POTATOES	500g
LIME	1
PEANUT BUTTER	2 tubs
GREEN BEANS	150g
TEMPEH	1 packet
LEBANESE CUCUMBER	1
RED CHILLI	1
FRIED SHALLOT & PEANUT MIX	1 packet



1. COOK THE POTATOES

Halve (or quarter) **potatoes** and add to a saucepan. Cover with plenty of water. Bring to a boil and simmer for 15 minutes (see step 3).



2. MAKE GADO GADO SAUCE

Zest **lime** and juice 1/2 (wedge remaining). Add to a jug along with **peanut butter**, **2 tbsp coconut oil** (see notes), **3 tbsp water** and **2 tbsp soy sauce**. Use a stick mixer to blend to a smooth consistency.



3. ADD THE BEANS

Trim **beans** and cut into thirds. Add to simmering potatoes (after 15 minutes) and cook for 2–3 minutes until tender. Drain and potatoes and beans.

FROM YOUR PANTRY

coconut oil, pepper, soy sauce (or tamari)

KEY UTENSILS

frypan, saucepan

NOTES

For a creamy gado gado sauce, substitute coconut oil with coconut milk or coconut cream.

Remove seeds from chilli for a milder heat.

Toss the cucumber and chilli with potatoes to combine instead of creating separated elements.



4. COOK THE TEMPEH

Wedge tempeh. Heat a frypan over medium-high heat with **coconut oil**. Add tempeh to pan for cook for 2–3 minutes each side until warmed through.



5. TOSS THE SALAD

Transfer potatoes and beans to a large bowl. Add 3 tbsp gado gado sauce to potatoes and beans. Toss to combine. Season to taste with **soy sauce** and **pepper**. Use a vegetable peeler to ribbon **cucumber**, and slice **chilli**, set aside (see notes).



6. FINISH AND SERVE

Divide tossed salad among shallow bowls. Top with cucumber and tempeh. Garnish with **fried shallot & peanut mix**, chilli and lime wedges. Serve remaining sauce on the side.



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