



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!



Dan Dan Noodles with Crumbled Tempeh

This dish layers rice noodles, crisp-tender Asian greens, and a rich, peanut Szechuan-style sauce, all topped with a savoury tempeh crumb and fresh cucumber for balance and crunch.

Adjust the spice!
Szechuan spice has a distinctive warmth and mild numbing sensation from Szechuan peppercorns, often paired with chilli for a bold, tingly heat. If you prefer less spice, use half the spice mix to start and add more to taste.



30 minutes



4 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	28g	140g

FROM YOUR BOX

THIN RICE VERMICELLI	300g
SZECHUAN SPICE AND PEANUT MIX	1 packet
PEANUT BUTTER	2 tubs
LEBANESE CUCUMBER	1
ASIAN GREENS	1 bunch
SPRING ONIONS	1 bunch
READY TO EAT TEMPEH	2 packets

FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), rice wine vinegar (see notes)

KEY UTENSILS

large frypan or wok, saucepan

NOTES

You can substitute rice wine vinegar with apple cider or white wine vinegar if needed.

Try the dish before using the remaining Szechuan sauce to taste so that you have more control over the flavour.

Szechuan spice & peanut mix: unsalted roasted peanuts, garlic granules, ground cumin, Chinese five spice, Szechuan pepper, chilli flakes and coconut sugar



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1. COOK THE NOODLES

Bring saucepan of water to boil. Add **rice noodles** and cook according to packet instructions. Drain and rinse well under cold water to stop cooking.



2. PREPARE NOODLE SAUCE

In a bowl, combine **Szechuan spice and peanut mix, peanut butter, 2 tbsp sesame oil, 2 tbsp vinegar, 2 tbsp soy sauce, and 2 tbsp hot water**. Stir until smooth. Toss **1/2 sauce** with **noodles** (see notes).



3. PREPARE THE VEGETABLES

Slice **cucumber**. Trim and slice **Asian greens** and **spring onions**. Keep components separate.



4. COOK THE STIR-FRY

Heat a frypan or wok over high with **1 tbsp sesame oil**. Add **Asian greens** and **spring onions**, cook for 3 minutes until tender.



5. ADD THE TEMPEH

Crumble or dice **tempeh** and cook for another 2 minutes until heated through.



6. FINISH AND SERVE

Divide dressed noodles and **tempeh stir-fry** among bowls. Spoon over remaining **sauce** and garnish with sliced **cucumber**.

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