



Product Spotlight: Lime

Seedless limes are classified as a parthenocarpic fruit, meaning the flowers don't require pollen to make fruit. Though some fruits are bred to have no seeds, seedless limes are naturally occurring!



Gado Gado with Satay Tempeh

Gado Gado (meaning 'mix mix') is a fresh Indonesian dish that combines raw and lightly cooked vegetables with a fragrant peanut sauce. This version features the delicious organic seasoned tempeh, locally made from Tally Ho.



30 minutes



Plant-Based



2 servings

Mix it up!

Stretch the dish out and add grated carrot or bean shoots. This salad is also delicious with crunchy peanuts on top. If you're vegetarian you could add soft boiled eggs to the salad.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	35g	67g

FROM YOUR BOX

BABY POTATOES	500g
GREEN BEANS	150g
PEANUT BUTTER	2 x 20g
COCONUT MILK	165ml
LIME	1
CORIANDER	1 packet
LEBANESE CUCUMBER	1
TEMPEH	1 packet

FROM YOUR PANTRY

oil for cooking, soy sauce (or tamari)

KEY UTENSILS

frypan, saucepan, small saucepan

NOTES

Trim and rinse your coriander in a salad spinner before using to remove any sand.



1. COOK THE POTATOES

Halve (or quarter) **potatoes**. Add to a saucepan and cover with water. Bring to boil and cook for 10 minutes until just tender. Trim and halve **beans**. Add to boiling water for the last 1-2 minutes. Drain and set aside to cool.



2. MAKE THE DRESSING

Whisk together **peanut butter**, **coconut milk** and **1 tbsp soy sauce** in a small saucepan over medium heat. Take off heat when thickened (roughly 1 minute) and whisk in **lime** juice. Set aside to cool.



3. PREPARE THE SALAD

Roughly chop **coriander** (see notes). Slice **cucumber**.



4. COOK THE TEMPEH

Heat a frypan over medium-high heat with **oil**. Add **tempeh** and cook for 3-4 minutes until warmed through.



5. FINISH AND PLATE

Layer **cooked and fresh vegetables** along with **tempeh** on plates. Spoon over **peanut dressing** to taste.



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