

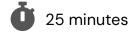




# **Green Stir-Fry**

# with Peanuts & Tempeh

A stir-fry full of green goodness like spring onions, Asian greens, ginger and green chilli. Tossed with crumbled tempeh, seasoned with tare dressing from local 'The Ugly Mug' and finish with crunchy peanuts.





25 minutes 2 servings Plant-Based

# Mix it up!

Cut all of the vegetables smaller and crumble the tempeh a little more. Toss together with the rice and bean shoots for family-friendly fried rice. Add other vegetables like corn or carrots to bulk it up as well.

#### FROM YOUR BOX

| BASMATI RICE    | 150g     |
|-----------------|----------|
| GINGER          | 1 piece  |
| SPRING ONIONS   | 1 bunch  |
| ASIAN GREENS    | 2 bulbs  |
| RED CAPSICUM    | 1        |
| GREEN CHILLI    | 1        |
| ROASTED PEANUTS | 40g      |
| NATURAL TEMPEH  | 1 packet |
| TARE            | 100g     |
| BEAN SHOOTS     | 1 bag    |
|                 |          |

#### FROM YOUR PANTRY

Sesame oil,, pepper, soy sauce

#### **KEY UTENSILS**

large frypan or wok, saucepan

#### **NOTES**

We used sesame oil for added flavour in this dish. You could also use peanut oil or any mild flavoured oil.





#### 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. PREPARE THE VEGETABLES

Grate ginger. Slice spring onions, Asian greens and capsicum. Slice chilli and roughly chop peanuts, keep separate.



#### 3. STIR-FRY THE VEGETABLES

Heat a large frypan or wok over high heat with oil. Add spring onions, ginger and capsicum, stir-fry for 1 minute. Crumble in tempeh and cook for a further 2 minutes.



### 4. ADD THE TARE

Add tare, Asian greens and half the bean shoots to the pan along with 1/4 cup water. Cook for 2 minutes or until greens are cooked to your liking. Season to taste with pepper and soy sauce.



## 5. FINISH AND SERVE

Divide rice into bowls and add stir-fry. Top with chilli, extra bean shoots and peanuts.





