



**Product Spotlight:
Broccoli**

Don't forget the stem! Broccoli stems are sweet and full of flavour. If you have excess stem after preparing your broccoli, you can pickle them to enjoy later!



Sesame Tempeh Bowl

with Charred Broccoli

Crispy tempeh, tossed through an umami-rich sauce and sesame seeds, served in a bright bowl of dressed red cabbage, fresh grated carrot, avocado and lightly charred broccoli.



30 minutes



2 servings



Plant-Based

Bulk it up!

Serve this dish over rice or noodles, or add capsicum, nuts such as cashews or peanuts, or extra seeds such as sunflower seeds or pepitas.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	37g	40g

FROM YOUR BOX

WHITE SESAME SEEDS	20g
RAMEN MARINADE	50ml
GARLIC CLOVE	1
BROCCOLI	1
AVOCADO	1
CARROT	1
RED CABBAGE	1/4
TEMPEH	1 packet

FROM YOUR PANTRY

sesame oil, salt, pepper, dried chilli flakes, white wine vinegar

KEY UTENSILS

large frypan

NOTES

White pepper is a great alternative to cracked black pepper, particularly in Japanese and Chinese dishes. It has a milder flavour and is easier to hide from fussy eaters.

Omit dried chilli flakes if preferred.



Scan the QR code to
submit a Google review!



1. PREPARE THE SAUCE

Add **sesame seeds**, **ramen marinade** and crushed **garlic** to a bowl. Mix to combine.



2. PREPARE THE INGREDIENTS

Chop **broccoli** into florets, slice **avocado** and grate **carrot**. Thinly slice **cabbage** and toss in a bowl with **1 tbsp sesame oil**, **1 tbsp vinegar**, **salt** and **pepper** (see notes).



3. COOK THE BROCCOLI

Heat a frypan over medium-high heat with **oil**. Add broccoli and cook, turning occasionally, for 4-6 minutes until broccoli is slightly charred and tender. Remove to a plate and season to taste with **salt** and **pepper**.



4. COOK THE TEMPEH

Dice **tempeh** and add to frypan over medium-high heat with extra **oil**. Cook for 4-5 minutes until browned all over.



5. ADD THE SAUCE

Add prepared sauce, **3 tbsp water** and **1/2-1 tsp chilli flakes** (see notes) to tempeh. Cook for 2-4 minutes to thicken sauce. Season to taste with **salt** and **pepper**.



6. FINISH AND SERVE

Divide cabbage among shallow bowls. Top with avocado, broccoli and carrot. Add tempeh and spoon over sauce.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

