



Product Spotlight: Butternut Pumpkin

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!



Smokey Tempeh Bowl

with Garlic Lime Sauce

Smoked paprika and ground cumin give this roasted tempeh and butternut pumpkin bowl a delicious flavour, finished with avocado, fresh tomato, and garlic lime sauce.



30 minutes



2 servings



Plant-Based

Spice it up!

If you like a little heat, you can add some chilli flakes or cayenne pepper to the smoked paprika mix!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	26g	170g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
NATURAL TEMPEH	1 packet
ORGANIC WHITE QUINOA	100g
CORIANDER	1 packet
LIME	1
COCONUT YOGHURT	1 tub
TOMATO	1
AVOCADO	1

FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, ground cumin, maple syrup

KEY UTENSILS

saucepan, oven tray, stick mixer or blender

NOTES

Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.

Instead of blending, you can finely chop ingredients and mix with yoghurt to combine.



1. BAKE THE TEMPEH

Set oven to 220°C.

Dice pumpkin (use to taste) and tempeh into 1-2cm pieces. Combine **1 tbsp olive oil**, **1/2 tbsp smoked paprika**, **1/2 tbsp cumin** and **1 tsp maple syrup** with **salt and pepper**. Toss with sweet potato and tempeh on a lined oven tray and bake for 20 minutes.



4. PREPARE THE TOPPINGS

Wedge remaining lime, dice tomatoes and slice avocado.



2. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-15 minutes or until tender. Drain and rinse (see notes).



5. FINISH AND SERVE

Divide quinoa, baked tempeh, pumpkin and fresh toppings among bowls. Serve with dressing to taste.



3. PREPARE THE DRESSING

Roughly chop coriander (reserve 1/2 for garnish). Blend (see notes) together with 1/2 lime zest, juice from 1/2 lime, **2 tbsp water** and yoghurt until smooth. Set aside.



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