





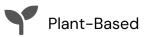
# **Smokey Tempeh Bowl**

# 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.







# Spice it up!

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

TOTAL FAT CARBOHYDRATES

170g

#### FROM YOUR BOX

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



# 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).



#### 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.



# 4. PREPARE THE TOPPINGS

Wedge remaining lime, dice tomatoes and slice avocado.



### 5. FINISH AND SERVE

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



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