




**Product Spotlight:
Sweet Potato**


Fun/interesting fact goes here Sweet potatoes are rich in beta-carotene, converted by our bodies to vitamin A. Research shows diets rich in beta-carotene can protect against colon and prostate cancer.



Smokey Tempeh Burrito Bowl

Smoked paprika and ground cumin give this roasted tempeh and sweet potato bowl a delicious flavour, finished with avocado, fresh cherry tomatoes, 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
	33g	32g	98g

FROM YOUR BOX

SWEET POTATO	400g
NATURAL TEMPEH	1 packet
BUCKWHEAT	100g
CORIANDER	1 packet
LIME	1
GARLIC CLOVE	1
COCONUT YOGHURT	200ml
CHERRY TOMATOES	200g
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

The tempeh can also be crumbled to form a mince like texture!



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1. BAKE THE TEMPEH

Set oven to 220°C. Dice sweet potato and tempeh into 1-2cm pieces (see notes). 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, halve tomatoes and slice avocado.



2. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes or until tender. Drain and rinse under cold water.



5. FINISH AND SERVE

Divide buckwheat, baked tempeh, carrots and fresh toppings among bowls. Serve with dressing to taste.



3. PREPARE THE DRESSING

Roughly chop coriander (reserve 1/2 for garnish). With a stick mixer or blender, blend together with 1/2 lime zest, juice from 1/2 lime, 1 crushed garlic clove and coconut yoghurt until smooth. Set aside.

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**

