



Product Spotlight: Tempeh

Tempeh originated in Indonesia. The retention of the whole bean gives you a high protein content along with dietary fibre and vitamins!



Sweet Chilli Tempeh Crumble

with Coconut Rice

A zesty, sweet and salty dressing works perfectly with this tempeh crumble and coconut rice. Balanced with cooked Asian greens and fresh vegetable sides.



25 minutes



2 servings



Plant-Based

Spice it up!

Finely chopped lemongrass, kaffir lime leaf, ginger, or chilli could be added to the tempeh at step 5 for an extra flavour boost.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	48g	65g

FROM YOUR BOX

BASMATI RICE	150g
TINNED COCONUT MILK	165ml
LIME	1
ASIAN GREENS	2 bulbs
SWEET CHILLI TEMPEH	1 packet
SPRING ONIONS	1 bunch
LEBANESE CUCUMBER	1
CARROT	1

FROM YOUR PANTRY

oil for cooking (see notes), salt, pepper, sweet chilli sauce, soy sauce, apple cider vinegar

KEY UTENSILS

large frypan, saucepan, small food processor

NOTES

We used sesame oil for extra flavour.

If you don't have a food processor, you can crumble the tempeh by hand.



1. COOK THE RICE

Place rice and **1 cup water** into a saucepan and season with **salt**. Bring to the boil, stir, then reduce heat to medium-low. Simmer covered for 10-12 minutes. Stir through coconut milk. Take off heat and allow to stand, covered for 5 minutes.



2. MAKE THE DRESSING

Zest lime (reserve 1 tsp zest for step 5), juice half and wedge remaining. Whisk zest and juice together with **3 tbsp sweet chilli sauce**, **1/2 tbsp soy sauce**, **1 tbsp vinegar** and **3 tbsp water**. Set aside.



3. COOK THE ASIAN GREENS

Heat a large frypan with oil. Halve or quarter Asian greens lengthways. Add to frypan and cook for 2-3 minutes each side until tender. Sprinkle with **1/2 tbsp soy sauce** and **pepper** when turning. Remove to a plate. Keep frypan.



4. COOK THE TEMPEH

Break up tempeh and place in a food processor. Pulse to mince like consistency (see notes). Re-heat frypan over medium-high heat with **oil**. Slice and add spring onions (keep some green tops for garnish) and tempeh, cook for 4-5 minutes. Add 2 tbsp prepared dressing and cook for a further minute.



5. SLICE FRESH VEGETABLES

Slice cucumber into rounds and julienne, grate or ribbon carrot.

Stir lime zest through rice and season with **salt and pepper**.



6. FINISH AND SERVE

Divide coconut rice between plates. Add tempeh crumble, Asian greens and fresh vegetables. Serve with extra dressing and lime wedge on the side.



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