

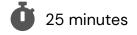




# **Sweet Chilli Tempeh Crumble**

## 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.







# 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.

TOTAL FAT CARBOHYDRATES

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
SPRING ONIONS  LEBANESE CUCUMBER	1 bunch

#### 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 mediumhigh 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.

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



