



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!



Tempeh Banh Mi Bowl

A fresh and vibrant noodle bowl with marinated sweet and savoury tempeh, pickled vegetables and a sweet chilli dressing.



25 minutes



2 servings



Plant-Based

Spice it up!

You can add some crushed peanuts, toasted sesame seeds or fried shallots to garnish this bowl.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	43g	96g

FROM YOUR BOX

RICE VERMICELLI NOODLES	150g
TEMPEH	200g
LEBANESE CUCUMBER	1
CARROT	1
RED CHILLI	1
CORIANDER	1 packet
RADISHES	1 bunch
VEGAN MAYONNAISE	100g

FROM YOUR PANTRY

oil for cooking, salt, soy sauce, sweet chilli sauce, rice wine vinegar, sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't have rice wine vinegar, you can use white or apple cider vinegar.

Use sesame oil for extra fragrance.

Squeeze out any extra liquid from pickled vegetables, and drain before serving.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook according to packet instructions or until tender. Drain and rinse well with cold water to stop the cooking process.



2. MARINATE THE TEMPEH

Slice tempeh into strips. Cover in a dish with **1 tbsp soy sauce, 1 tbsp vinegar, and 1 tbsp sweet chilli sauce**. Set aside.



3. PICKLE THE VEGETABLES

Slice cucumber and julienne or ribbon carrot using a vegetable peeler. Toss in a bowl with **1/4 cup vinegar, 1 tsp salt and 1 tsp sugar** (see notes). Set aside.



4. PREPARE THE TOPPINGS

Slice chilli and chop coriander. Slice radishes (use to taste).

Combine mayonnaise with **2 tbsp sweet chilli sauce** and **1 tbsp water**.



5. COOK THE TEMPEH

Heat a frypan over medium heat with **oil** (see notes). Add tempeh and marinade. Cook for 2-3 minutes, turning until caramelised and warmed through.



6. FINISH AND SERVE

Divide noodles among bowls. Top with pickled vegetables (see notes), tempeh and mayonnaise dressing to taste. Garnish with chilli and coriander.



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