



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!



Green Stir-Fry with Peanuts & Tempeh

A stir-fry full of green goodness like spring onions, Asian greens, ginger and green chilli. Tossed with crumbled tempeh, seasoned with tare dressing from local 'The Ugly Mug' and finish with crunchy peanuts.



25 minutes



4 servings



Plant-Based

Mix it up!

Cut all of the vegetables smaller and crumble the tempeh a little more. Toss together with the rice and bean shoots for family-friendly fried rice. Add other vegetables like corn or carrots to bulk it up as well.

Per serve: **PROTEIN** 26g **TOTAL FAT** 20g **CARBOHYDRATES** 86g

FROM YOUR BOX

BASMATI RICE	300g
GINGER	1 piece
SPRING ONIONS	1 bunch
ASIAN GREENS	1 bunch
RED CAPSICUM	1
GREEN CHILLI	1
ROASTED PEANUTS	80g
NATURAL TEMPEH	1 packet
TARE	100g
BEAN SHOOTS	1 bag

FROM YOUR PANTRY

oil for cooking (sesame or other), pepper, soy sauce

KEY UTENSILS

large frypan or wok, saucepan

NOTES

We used sesame oil for added flavour in this dish. You could also use peanut oil or any mild flavoured oil.



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1. COOK THE RICE

Place rice in a saucepan, cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE VEGETABLES

Grate ginger. Slice spring onions, Asian greens and capsicum. Slice chilli and roughly chop peanuts, keep separate.



3. STIR-FRY THE VEGETABLES

Heat a large frypan or wok over high heat with **oil**. Add spring onions, ginger and capsicum, stir-fry for 1 minute. Crumble in tempeh and cook for a further 2 minutes.



4. ADD THE TARE

Add tare, Asian greens and half the bean shoots to the pan along with **1/4 cup water**. Cook for 2 minutes or until greens are cooked to your liking. Season to taste with **pepper** and **soy sauce**.



5. FINISH AND SERVE

Divide rice into bowls and add stir-fry. Top with chilli, extra bean shoots and peanuts.

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