



Product Spotlight:
Corn

Corn falls into two food categories!
Fresh sweet corn kernels are vegetables, but if you dry them and make popcorn, they are a grain!



Roast Tempeh Stuffed Sweet Potato

Roasted sweet potatoes stuffed with roasted tempeh and corn kernels, served with a zingy lime avocado, shallot, tomato and coriander salsa.



35 minutes



4 servings



Plant-Based

Switch it up!

Turn this dish into loaded wedges! Wedge sweet potatoes and roast. Add roasted corn and tempeh to wedges on the oven tray and serve tableside with salsa.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	15g	78g

FROM YOUR BOX

SWEET POTATOES	800g
CORN COBS	2
TEMPEH	1 packet
LIME	1
AVOCADOS	2
SHALLOT	1
TOMATOES	2
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, smoked paprika, white wine vinegar

KEY UTENSILS

2 oven trays

NOTES

Add your favourite hot sauce, a sprinkle of dried chilli flakes or finely chopped fresh chilli to spice up the salsa.



1. ROAST SWEET POTATOES

Set oven to 220°C.

Halve sweet potatoes. Add to a lined oven tray and coat with **oil, salt and pepper**. Roast for 20-25 mins until tender.



2. ROAST THE TEMPEH

Remove corn kernels from cobs. Add to a second lined oven tray along with crumbled tempeh. Toss with **oil, 2 tsp cumin, 2 tsp smoked paprika, salt and pepper**. Add to oven and roast for 8-10 minutes until golden.



3. MASH THE AVOCADO

Zest lime and juice half (wedge remaining). Add to a bowl as you go. Roughly chop avocados. Use a fork to mash avocado.



4. MAKE THE SALSA

Finely dice shallot. Roughly chop tomatoes. Finely chop coriander stems and roots (reserve leaves for garnish). Add to avocado along with **2 tsp vinegar**. Mix to combine. Season to taste with **salt and pepper** (see notes).



5. FINISH AND SERVE

Serve potatoes cut-side up on plates. Use a fork to press down the centre of the potatoes. Spoon in tempeh and corn. Spoon on salsa. Serve with lime wedges and coriander leaves.



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