



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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!



Korean Glazed Tempeh

Crispy pan-seared tempeh coated in a smoky Korean BBQ sauce, served over rice with avocado, pickled edamame, and fresh cucumber. Topped with a crunchy sesame chilli cluster for flavour and texture.



30 minutes



Plant-Based



4/6 servings

Add some more!

You can customise this bowl with some of your favourite toppings! Add some crispy mushrooms, pickled ginger or kimchi for fun!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	27g	20g	71g

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
AVOCADO	1	2
LEBANESE CUCUMBERS	2	2
TINNED EDAMAME BEANS	2 x 125g	3 x 125g
READY TO EAT TEMPEH	2 packets	3 packets
KOREAN BBQ SAUCE	1 sachet	2 sachets
VEGAN MAYONNAISE	1 sachet	2 sachets
SESAME CHILLI CLUSTER	1 packet	2 packets

FROM YOUR PANTRY

sesame oil, salt, pepper, rice wine vinegar, sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

You can crumble the tempeh into a mince or slice into strips instead of squares.

Sesame chilli cluster mix: mixed sesame seeds, mixed quinoa, dried chilli flakes, pepita seeds, coconut sugar.



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1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **650ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.

6P – use 975ml water for rice.



2. PREPARE THE TOPPINGS

Slice **avocado** and **cucumbers**. Drain **edamame** and toss with **1 tbsp rice vinegar**, **1 tbsp sesame oil**, **1/2 tsp sugar**, and a pinch of **salt**

6P – Toss drained edamame beans with **1 1/2 tbsp vinegar**, **1 1/2 tbsp sesame oil**, **1 1/2 tsp sugar** and pinch of salt.



3. PREPARE THE TEMPEH

Slice **tempeh** into squares (see notes). Coat with **1 1/2 tbsp Korean BBQ sauce** and **1/2 tbsp sesame oil**.

6P – Coat tempeh with **1 1/2 sachets Korean BBQ sauce** and **3 tsp sesame oil**.



PREPARE THE SAUCE

Combine remaining **Korean BBQ sauce** with **vegan mayonnaise**. Set aside.



5. COOK THE TEMPEH

Heat a frypan over medium-high heat with **1/2 tbsp sesame oil**. Add **tempeh** and cook for 2 minutes each side until crisp and warmed through.

6P – Cook tempeh in batches and add more sesame oil to pan if needed.



6. FINISH AND SERVE

Divide **rice**, **toppings** and **tempeh** on top. Sprinkle with **sesame chilli cluster**.

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