



**Product Spotlight:  
Broccoli**


Don't forget the stem! Broccoli stems are sweet and full of flavour. If you have excess stem after preparing your broccoli, you can pickle them to enjoy later!




# Sesame Tempeh Bowl

## with Charred Broccoli

Crispy tempeh, tossed through an umami-rich sauce and sesame seeds, served in a bright bowl of dressed red cabbage, fresh grated carrot, avocado and lightly charred broccoli.

 30 minutes

 4 servings

 Plant-Based

### Bulk it up!

*Serve this dish over rice or noodles, or add capsicum, nuts such as cashews or peanuts, or extra seeds such as sunflower seeds or pepitas.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	29g	30g

## FROM YOUR BOX

WHITE SESAME SEEDS	20g
RAMEN MARIANDE	100ml
GARLIC CLOVES	2
BROCCOLI	1
AVOCADOS	2
CARROTS	2
RED CABBAGE	1/2
TEMPEH	1 packet

## FROM YOUR PANTRY

sesame oil, salt, pepper, dried chilli flakes, white wine vinegar

## KEY UTENSILS

large frypan

## NOTES

White pepper is a great alternative to cracked black pepper, particularly in Japanese and Chinese dishes. It has a milder flavour and is easier to hide from fussy eaters.

Omit dried chilli flakes if preferred.



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### 1. PREPARE THE SAUCE

Add **sesame seeds**, **ramen marinade** and crushed **garlic** to a bowl. Mix to combine.



### 2. PREPARE THE INGREDIENTS

Chop **broccoli** into florets, slice **avocados** and grate **carrots**. Thinly slice **cabbage** and toss in a bowl with **2 tbsp sesame oil**, **2 tbsp vinegar**, **salt and pepper** (see notes).



### 3. COOK THE BROCCOLI

Heat a frypan over medium-high heat with **oil**. Add broccoli and cook, turning occasionally, for 4-6 minutes until broccoli is slightly charred and tender. Remove to a plate and season to taste with **salt and pepper**.



### 4. COOK THE TEMPEH

Dice **tempeh** and add to frypan over medium-high heat with extra **oil**. Cook for 4-5 minutes until browned all over.



### 5. ADD THE SAUCE

Add prepared sauce, **1/4 cup water** and **1/2-1 tsp chilli flakes** (see notes) to tempeh. Cook for 2-4 minutes to thicken sauce. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Divide cabbage among shallow bowls. Top with avocado, broccoli and carrot. Add tempeh and spoon over sauce.

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