





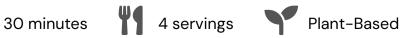
Sesame Tempeh Bowl

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.







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.

PROTEIN TOTAL FAT CARBOHYDRATES

16g

30g

FROM YOUR BOX

| WHITE SESAME SEEDS | 20g |
|--------------------|----------|
| RAMEN MARIANDE | 100ml |
| GARLIC CLOVES | 2 |
| BROCCOLI | 1 |
| AVOCADOS | 2 |
| CARROTS | 2 |
| RED CABBAGE | 1/2 |
| ТЕМРЕН | 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.





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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