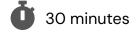




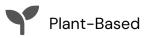


# **Smokey Tempeh Burrito Bowl**

Smoked paprika and ground cumin give this roasted tempeh and sweet potato bowl a delicious flavour, finished with avocado, fresh cherry tomatoes, and garlic lime sauce.







# Spice it up!

If you like a little heat, you can add some chilli flakes or cayenne pepper to the smoked paprika mix!

TOTAL FAT CARBOHYDRATES

22g

86g

#### FROM YOUR BOX

SWEET POTATOES	800g
NATURAL TEMPEH	1 packet
BUCKWHEAT	2 x 100g
CORIANDER	1 packet
LIME	1
GARLIC CLOVE	1
COCONUT YOGHURT	200ml
CHERRY TOMATOES	200g
AVOCADOS	2

#### FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, ground cumin, maple syrup

#### **KEY UTENSILS**

saucepan, oven tray, stick mixer or blender

#### **NOTES**

The tempeh can also be crumbled to form a mince like texture!



#### 1. BAKE THE TEMPEH

Set oven to 220°C. Dice sweet potatoes and tempeh into 1-2cm pieces (see notes). Combine 2 tbsp olive oil, 1 tbsp smoked paprika, 1 tbsp cumin and 1/2 tbsp maple syrup with salt and pepper. Toss with sweet potato and tempeh on a lined oven tray and bake for 20 minutes.



#### 2. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse under cold water.



#### 3. PREPARE THE DRESSING

Roughly chop coriander (reserve 1/2 for garnish). With a stick mixer or blender, blend together with 1/2 lime zest, juice from 1/2 lime, 1 crushed garlic clove and coconut yoghurt until smooth. Set aside.



## 4. PREPARE THE TOPPINGS

Wedge remaining lime, halve tomatoes and slice avocado.



### 5. FINISH AND SERVE

Divide buckwheat, baked tempeh, sweet potato and fresh toppings among bowls. Serve with dressing to taste.







