



Product Spotlight:
Corn

Corn is also known as maize. It originated in Mexico more than 10,000 years ago!



Spring BBQ Tempeh Bowl

with Red Quinoa

Enjoy the warm air by taking your cooking outside! Barbecued vegetables and tempeh served bowl-style over red quinoa with homemade BBQ sauce and crunchy red cabbage.

Spice it up!

Season the vegetables and tempeh with Cajun seasoning, cayenne pepper or smoked paprika for extra flavour. Add a dash of your favourite hot sauce to the BBQ sauce if desired.



30 minutes



4 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	27g	71g

FROM YOUR BOX

RED QUINOA	200g
AVOCADOS	2
RED CAPSICUM	1
ZUCCHINI	1
CORN COB	1
SEASONED TEMPEH	1 packet
TOMATO PASTE	1 tub
RED CABBAGE	1/4

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, maple syrup, apple cider vinegar

KEY UTENSILS

BBQ (or griddle pan), saucepan

NOTES

Drain quinoa for at least 5 minutes or press it down in a sieve to squeeze out the excess liquid.

Slice avocado and serve fresh if desired.

Roast the vegetables and tempeh if preferred.



1. COOK THE QUINOA

Place **quinoa** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse (see notes). Reserve saucepan for step 4.



2. PREPARE THE VEGETABLES

Halve **avocados** (see notes). Roughly chop **capsicum**. Cut **zucchini** into large crescents. Husk **corn**. Slice **tempeh**. Coat with **oil, salt and pepper**.



3. BBQ THE VEGETABLES

Heat a BBQ (see notes) over medium-high heat with **oil**. Add vegetables and cook for 6–8 minutes, turning occasionally. Add tempeh and cook for 1–2 minutes each side.



4. MAKE THE BBQ SAUCE

Reheat the saucepan over medium heat with **2 tbsp oil**. Add **tomato paste** and **2 tbsp paprika**. Cook for 1 minute. Add **2 1/2 tbsp vinegar**, **2 tbsp maple syrup** and **1 cup water**. Bring to a simmer and cook for 3 minutes. Season to taste with **salt and pepper**.



5. PREPARE THE CABBAGE

Thinly slice **cabbage**. Add to a large bowl along with **1 tbsp vinegar**, **2 tbsp olive oil**, **salt and pepper**. Toss to combine.

Remove corn kernels from cob.



6. FINISH AND SERVE

Divide quinoa among bowls. Top with barbecued vegetables, tempeh and red cabbage. Drizzle over BBQ sauce.



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