



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Fennel


Fennel belongs to the same family as parsley, dill and coriander. The bulb, stalk, leaves and seeds of the fennel are all edible!



1 Jerk Spice Tempeh with Mint Pesto

Hearty vegetables tossed through our custom-blend jerk spice mix, served with tempeh skewers and mint pesto.

 30 mins

 2 servings

 Plant-Based

3 September 2021

Mix it up!

If you are after some added crunch, roughly chop the almonds and add them to the tray bake. Use a yoghurt or mayonnaise of choice to blend with the mint to make a sauce instead of pesto.

Per serve: **PROTEIN** 33g **TOTAL FAT** 40g **CARBOHYDRATES** 56g

FROM YOUR BOX

RED ONION	1/2 *
FENNEL	1
BROCCOLI	1/2 *
CORN COB	1
CHERRY TOMATOES	1 bag (200g)
JERK SPICE MIX	1 packet (20g)
MINT	1 packet
ALMONDS	1 packet (40g)
NATURAL TEMPEH	1 packet (200g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, vinegar (of choice), skewers (optional, see notes)

KEY UTENSILS

oven tray, stick mixer or small food processor, frypan

NOTES

If you are using wooden skewers, soak them in water before using to prevent them from burning.

If you like chilli, add 1/2 tsp chilli flakes to your vegetables.

Add more water if needed to create smooth consistency.

Any remaining jerk spice mix can be stirred through hummus or yoghurt for a dip.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Wedge onion and fennel, chop broccoli and cut corn into cobs. Add to a lined oven tray with cherry tomatoes.



2. ROAST THE VEGETABLES

Toss vegetables in **oil** and 1 tbsp jerk spice mix (see notes). Roast for 15–20 minutes until tender.



3. MAKE THE PESTO

Roughly chop mint leaves and almonds. Blend together with **2 tbsp vinegar**, **3 tbsp olive oil** and **2 tbsp water** to smooth consistency using a stick mixer or processor (see notes). Season with **salt and pepper** to taste.



4. COOK THE SKEWERS

Cut tempeh into strips. Toss in **oil**, 3 tsp jerk spice mix, **salt and pepper**. Thread tempeh onto **skewers** (optional). Heat a frypan over medium-high heat with **oil**. Cook, turning for 4–6 minutes, until warmed through.



5. FINISH AND SERVE

Divide roasted vegetables and tempeh among plates. Serve with mint pesto.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

