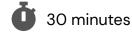




# Tempeh Larb Lettuce Cups

Crisp cos lettuce leaves filled with bean thread noodles, seasoned tempeh, fresh veggies and served with a punchy lime dressing.







You can add chopped lemongrass, grated ginger or finely sliced kaffir lime leaves to the tempeh for a more exciting flavour. Instead of making lettuce cups, you can shred the lettuce and serve as a noodle salad instead.

TOTAL FAT CARBOHYDRATES

24g 22g

#### FROM YOUR BOX

BEAN THREAD NOODLES	1 packet (100g)
BABY COS LETTUCE	1
RED CAPSICUM	1/2 *
CORIANDER	1/2 packet *
BEAN SHOOTS	1 bag (200g)
LIME	1
GARLIC	1/2 clove *
RED ONION	1/4 *
ТЕМРЕН	1 packet (200g)

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, soy sauce or tamari, chilli flakes (optional)

### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

For the best flavour use sesame oil or a neutral flavoured oil in the dressing.



### 1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook for 2–3 minutes or until tender. Drain and rinse with cold water.



### 2. PREPARE THE SALAD

Separate and rinse lettuce leaves. Slice capsicum. Chop coriander and set aside with bean shoots.



### 3. PREPARE THE DRESSING

Zest the lime and set aside.

Combine lime juice with 1/2 crushed garlic clove, 1/4 tsp chilli flakes, 2 tbsp soy sauce and 2 tbsp oil (see notes).



# 4. COOK THE TEMPEH

Heat a frypan over medium heat with oil. Slice and add onion. Cook for 2-3 minutes. Crumble in tempeh and add lime zest. Cook for 3-4 minutes until warmed through.



# 5. FINISH AND PLATE

Assemble lettuce cups at the table with noodles, tempeh, salad and dressing.



