



### Product Spotlight: Tomatoes

Although tomatoes are fruits – nutritionally they look more like vegetables. They are low in calories and rich in a number of nutrients that are good for your health.



## 1 Tray Bake Tempeh Fajitas

Build your own fajitas! This simple tray bake is everything you need for a festive weeknight dinner. Slices of seasoned tempeh with spiced tomatoes, capsicum and corn served up with tortillas and guacamole!

 30 minutes

 2 servings

 Plant-Based

25 January 2021

### Spice it up!

*Add some garlic or dried oregano to the tray bake, or cayenne pepper for some heat. Serve with any condiments you may have – we love GH Produce's Jalapeño and Dessert Lime sauce!*

Per serve: **PROTEIN** 26g **TOTAL FAT** 43g **CARBOHYDRATES** 84g

## FROM YOUR BOX

TEMPEH	1 packet
GREEN CAPSICUM	1/2 *
RED ONION	1/2 *
TOMATO	1
CORN COB	1
AVOCADO	1
LIME	1
CORN TORTILLAS	8 pack
CORIANDER	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt and pepper, smoked paprika, ground cumin

## KEY UTENSILS

oven dish, frypan

## NOTES

If you prefer your tempeh in smaller pieces you can crumble it into the tray bake or dice it instead.

Use a sandwich press to quickly toast the tortillas. Press them for 5 seconds until they start steaming. Remove and keep warm in a clean tea towel.



### 1. BAKE THE FAJITA MIX

Set oven to 220°C.

Slice tempeh (see notes). Slice capsicum and onion. Chop tomato and remove corn from cob. Toss in a lined oven dish with **1 tsp paprika, 1 tsp cumin, 2 tbsp olive oil, salt and pepper**. Bake in oven for 20 minutes.



### 2. MAKE THE GUACAMOLE

Mash the avocado with lime zest and 1/2 the juice (wedge remaining). Season with **salt and pepper**. Set aside.



### 3. COOK THE TORTILLAS

Heat a frypan over medium-high heat. Cook tortillas for 10 seconds each side until softened (see notes). Keep warm in a clean tea towel until serving.



### 4. FINISH AND PLATE

Use a fork to crush the tomatoes in the tray bake (this will make it saucier). Serve the fajita tray bake at the table with tortillas, guacamole, lime wedges and coriander for garnish.

**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**

