



Product Spotlight: Miso


Traditionally from Japan, this salty ingredient is made from fermented soy beans (or rice / barley) that are ground into a thick paste. It has a savoury, umami flavour and comes in a variety of shades.



4 Miso Brown Rice Salad with Tempeh

Tempeh served with a fresh salad of brown rice, vegetables and apple, tossed in an umami-rich miso glaze.

 30 minutes

 4 servings

 Plant-Based

12 November 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	33g	71g

FROM YOUR BOX

BROWN RICE	1 packet (300g)
LEBANESE CUCUMBER	1
RADISHES	1/2 bunch *
RED APPLES	2
SPRING ONIONS	1/3 bunch *
SUGAR SNAP PEAS	1/2 bag (125g) *
PLAIN TEMPEH	2 packets (400g)
MISO GLAZE	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

If you have a mandolin you can use it to thinly slice the vegetables and apples.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. PREPARE VEGETABLES

Thinly slice cucumber, radishes, apples (see notes) and spring onion green tops (reserve bottoms). Trim and slice sugar snap peas.



3. COOK THE TEMPEH

Heat a frypan over medium–high heat with **oil**. Cut tempeh into strips and coat in 1 tbsp miso glaze. Slice spring onions, add to pan along with tempeh. Cook, turning, for 4 minutes or until tempeh is golden and warmed through.



4. TOSS THE SALAD

In a large bowl whisk together 1/3 cup miso glaze and **1 1/2 tbsp vinegar**. Add rice and prepared vegetables. Toss until well coated. Season with **salt and pepper**.



5. FINISH AND SERVE

Divide rice salad among shallow bowls, top with tempeh strips and spring onions.

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

