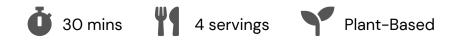


### Product Spotlight: Fennel

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



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



3 September 2021



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.

#### FROM YOUR BOX

RED ONION	1
FENNEL	1
BROCCOLI	1
CORN COBS	2
CHERRY TOMATOES	1 bag (200g)
JERK SPICE MIX	1 packet (20g)
MINT	1 packet
ALMONDS	1 packet (40g)
NATURAL TEMPEH	2 packets (2 x 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.



# **1. PREPARE THE VEGETABLES**

Set oven to 220°C.

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



## 2. ROAST THE VEGETABLES

Toss vegetables in **oil** and 2 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**, remaining jerk spice mix, **salt and pepper**. Thread tempeh onto **skewers** (optional). Heat a frypan over medium-high heat with **oil**. Cook (in batches if necessary), turning for 4–6 minutes, until warmed through.



### **5. FINISH AND SERVE**

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

