



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

 4 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** 29g **TOTAL FAT** 24g **CARBOHYDRATES** 48g

## 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 cobs. 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.

**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**

