

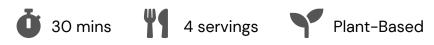
## Product Spotlight: Bean Shoots

Bean shoots have good levels of vitamin C, folate and iron. Iron helps transport oxygen in the blood and is also vital for brain development!



# and Brown Rice Bowl

Homemade teriyaki sauce drizzled over crunchy vegetables, tempeh and brown rice.



28 May 2021



Some fresh red chilli and toasted sesame seeds would make a great addition to this dish.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 28g 9g 55g

#### FROM YOUR BOX

BROWN RICE	300g
GINGER	1 piece
GAILAN	1 bunch
SPRING ONION	1/3 bunch *
TEMPEH	2 packets
RED CAPSICUM	1
GREEN CAPSICUM	1
BEAN SHOOTS	1 bag
MINT	1/2 bunch *



#### FROM YOUR PANTRY

oil for cooking, soy sauce (or tamari), sweetener of choice, 1 garlic clove, corn flour

#### **KEY UTENSILS**

large frypan, 2 saucepans

#### NOTES

Use sesame oil if you have any on hand.

Instead of having your vegetables fresh (step 5), you could stir fry them all together at step 3.



# **1. COOK THE RICE**

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



### 2. MAKE TERIYAKI SAUCE

Peel and grate ginger, crush **1 garlic clove**. Combine in a second saucepan with **1/4 cup soy sauce**, **2 tbsp sweetener of choice** (we used maple syrup), **1/3 cup water and 2 tsp corn flour**. Bring to a boil, whisking constantly, simmer for 4 minutes then remove from heat.



# **3. COOK THE GAI LAN**

Heat a frypan over medium-high heat with oil (see notes). Trim gai lan and cut into quarters lengthways, slice white ends of spring onions, add to pan as you go. Cook for 2-3 minutes (see notes).



## **4. FRY THE TEMPEH**

Cut the tempeh into smaller pieces. Reheat frypan over medium-high heat with **oil**. Add in tempeh and cook for 2-4 minutes until warm.



#### **5. PREPARE VEGETABLES**

Thinly slice capsicums and green ends of spring onions. Arrange on a plate with bean shoots and mint leaves.



### **6. FINISH AND PLATE**

Evenly divide rice among shallow bowls, top with tempeh and vegetables, spoon over teriyaki sauce.

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

