



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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!



## 1 Teriyaki Tempeh and Brown Rice Bowl

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

 30 mins

 4 servings

 Plant-Based

28 May 2021

*Spice it up!*

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

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

## FROM YOUR BOX

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

*\*Ingredient also used in another recipe*

## 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](mailto:hello@dinnertwist.com.au)

