




Product Spotlight: Satay Peanut Sauce

Handmade with love in Australia by Turban Chopsticks. This fragrant sauce has flavours of lemongrass, turmeric and ginger. It also does not contain shellfish or fish sauce.



2 Satay Tempeh Lettuce Cups

Fresh and easy tempeh lettuce wraps with all the trimmings, and tasty satay sauce by Turban Chopsticks. Great for an easy dinner with family and friends!

 25 mins

 4 servings

 Plant-Based

1 March 2021

Stretch the dish!

Serve with rice or noodles if you're after a more filling meal or are feeding extra people. If you have any peanuts or fresh herbs (coriander or mint work well!) you can use them to garnish.

Per serve: **PROTEIN** 26g **TOTAL FAT** 37g **CARBOHYDRATES** 31g

FROM YOUR BOX

SEASONED TEMPEH	2 packets
SATAY PEANUT SAUCE	1 jar
BABY COS LETTUCE	2 pack
RADISHES	1/2 bunch *
CELERY STICKS	2
SPRING ONIONS	1/3 bunch *
CARROTS	2

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, curry powder

KEY UTENSILS

frypan

NOTES

To reduce the spiciness of the radishes you can soak the slices in a bowl of water for 10-15 minutes.



1. COOK THE TEMPEH

Slice tempeh and coat with **1/2 tsp curry powder** and **oil**. Heat a frypan over medium-high heat with **oil**. Cook tempeh for 4-5 minutes until warmed through. Stir through 2 tbsp satay peanut sauce to coat. Take off heat.



4. FINISH AND PLATE

Arrange tempeh and fresh ingredients on a large serving platter for assembly at the table. Serve with satay peanut sauce for dipping.



2. PREPARE COMPONENTS

Separate and rinse lettuce leaves. Slice radish, celery and spring onions (see notes). Julienne or grate carrots. Keep separate.



3. PREPARE DIPPING SAUCE

Add remaining sauce to a serving bowl. Loosen with **2 tbsp water** to reach a dipping consistency.

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