



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Lime


Seedless limes are classified as a parthenocarpic fruit, meaning the flowers don't require pollen to make fruit. Though some are bred to have no seeds, seedless limes occur naturally!



2 Thai Pesto Tempeh Noodle Bowl

A fresh noodle bowl with kale coleslaw, grilled pineapple and tempeh, finished with a punchy lime Thai pesto dressing.

 25 mins

 4 servings

 Plant-Based

22 March 2021

Spice it up!

You can add roasted peanuts or fried shallots to garnish this dish for an exciting finish. Fresh chopped coriander also works well!

Per serve: **PROTEIN** 26g **TOTAL FAT** 33g **CARBOHYDRATES** 78g

FROM YOUR BOX

NOODLES	1 packet (200g)
SLICED PINEAPPLE	1 tin (225g)
SEASONED TEMPEH	2 packets (2 x 200g)
LIME	1
THAI PESTO	1 tub
LEBANESE CUCUMBER	1
RADISHES	1/2 bunch *
RED CHILLI	1
KALE COLESLAW	1 bag (400g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

frypan, saucepan

NOTES

For added flavour you can cook the tempeh in sesame oil or coat with some ground coriander or cumin.

For a warmer dish you can stir-fry the kale coleslaw with a little sesame oil. Use the cucumber, radish and chilli for garnish.



1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles and cook for 2-3 minutes until al dente. Drain and rinse. Set aside.



2. COOK THE PINEAPPLE

Drain the pineapple (reserve juice for step 4). Cook in a frypan over medium-high heat with **oil** for 3-4 minutes each side until slightly charred. Remove and set aside.



3. COOK THE TEMPEH

Slice tempeh and coat with **oil** (see notes). Reheat frypan over medium-high heat and cook tempeh for 1-2 minutes each side until heated through. Take off heat.



4. PREPARE THE DRESSING

Whisk together reserved pineapple juice with lime juice and Thai pesto. Season with **salt and pepper**.



5. PREPARE THE SALAD

Dice cucumber and radishes. Slice chilli. Toss together with kale coleslaw.



6. FINISH AND PLATE

Divide noodles, salad, pineapple and tempeh among bowls. Spoon over dressing to taste.

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**

