



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Oceanic Seasoning

A fragrant blend of lemon myrtle, desert lime powder, Tasmanian kelp, sesame seeds & ground coriander from GH Produce. Use in guacamole or as seasoning for Japanese-style dishes like a poké bowl!



## 3 Oceanic Tempeh Skewers with Roasted Carrots and Parsley Pesto

Tempeh, cherry tomatoes and red onion in a Oceanic seasoning containing Tasmanian Kelp, Lemon Myrtle and Desert Lime, served with roasted purple and orange carrots, and a parsley pesto

 30 mins

 4 servings

 Plant-Based

9 April 2021

## Spice it up!

*Have any herbs in your fridge or garden? Things like mint, or basil will make a great addition to your pesto.*

Per serve: **PROTEIN** 28g **TOTAL FAT** 24g **CARBOHYDRATES** 41g

## FROM YOUR BOX

ORANGE CARROTS	3
PURPLE CARROT	2
BROCCOLINI	2 bunches
TEMPEH	2 packets (2 x 200g)
RED ONION	1
CHERRY TOMATOES	1 bag (400g)
OCEANIC SEASONING	2 tbsp
ALMONDS	1/2 packet (40g) *
PARSLEY	1/3 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, skewers (optional), dried oregano, white wine vinegar

## KEY UTENSILS

2 oven trays, small food processor

## NOTES

If you are using wooden skewers, soak them in water for 10–30 minutes before you are going to put them in the oven.

Any left over Oceanic Seasoning can be used for dishes with Japanese flavours, any green vegetables or even roast potatoes.



### 1. ROAST CARROTS

Set oven to 220°C (see notes).

Cut carrots in half lengthways, trim broccolini. Toss on a lined oven tray with **1 tbsp oil, 1 tsp dried oregano, salt, and pepper**. Roast for 10 minutes, remove broccolini, and roast carrots for a further 15 minutes.



### 4. MAKE PESTO

In a small food processor add almonds, roughly chopped parsley, **2 tbsp olive oil, 3 tbsp water, 2 tbsp white wine vinegar, salt and pepper**. Blend together until smooth.



### 2. SEASON TEMPEH

Cut tempeh and onion into even pieces. Toss together with tomatoes, **1 tbsp oil**, and 2 tbsp Oceanic seasoning.



### 3. THREAD THE SKEWERS

Thread tempeh, onion and tomatoes evenly onto **skewers** and roast on lined oven tray for 15–20 minutes until charred.



### 5. FINISH AND PLATE

Divide roast vegetables and skewers evenly among plates. Drizzle parsley pesto over skewers.

**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)

