



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Black Rice


Black rice is a good source of several nutrients, particularly protein, fibre and iron. It is also rich in antioxidants making it a great addition to any diet.



J4 Cajun Corn and Black Rice with Tempeh

Cajun spiced and grilled corn with crumbled tempeh, black rice and fresh salad, served with an orange and chive dressing.

 30 minutes

 4 servings

 Plant-Based

21 October 2022

Spice it up!

Mix some extra Cajun seasoning into the tempeh when cooking. Fresh chilli and a squeeze of lime juice would also be great additions when serving.

Per serve: **PROTEIN** 22g **TOTAL FAT** 14g **CARBOHYDRATES** 81g

FROM YOUR BOX

BLACK RICE	300g
CORN COBS	2
CHIVES	1 bunch
ORANGE	1
LEBANESE CUCUMBER	2
TOMATOES	2
GEM LETTUCE	3-pack
SEASONED TEMPEH	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, Cajun spice mix (see notes), red wine vinegar, sugar (of choice)

KEY UTENSILS

grill/ frypan, saucepan, frypan

NOTES

Cajun spice mixes can vary a lot in heat and flavour. Use yours to taste. If you don't have any you could use ground cumin, coriander or another favourite spice mix.

You can cook the corn whole and cut it into pieces afterwards. You can also cook the corn in the oven or on the barbecue.



1. COOK THE RICE

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



2. GRILL THE CORN

Heat a grill/frypan over medium–high heat with **oil**. Cut corn cobs in half lengthways and in half widthways (see notes). Rub with **oil** and **2 tsp Cajun spice mix**. Place onto grill/frypan and cook for 5 minutes, turning or until tender.



3. MAKE THE DRESSING

Slice chives and add half to a small bowl. Add 1/2 tsp orange zest, **1 tbsp vinegar**, **3 tbsp olive oil**, **3 tbsp water**, **1/2 tsp sugar** and **1 tsp Cajun spice**. Whisk together and season to taste with **salt and pepper**.



4. PREPARE THE FRESH SALAD

Dice cucumbers, tomatoes and orange. Wedge or roughly chop lettuce. Keep separate on a plate.



5. COOK THE TEMPEH

Dice tempeh and toss with **oil**. Add to frypan and cook for 2–3 minutes until heated through. Spoon over 2 tbsp dressing.



6. FINISH AND SERVE

Divide rice among bowls. Top with tempeh, corn and fresh salad ingredients. 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**

