




### Product Spotlight: Bay Leaf


Keep an eye out for your bay leaf as they are packed loose in your produce bag! These leaves have a herbal and slightly floral aroma that adds a layer of flavour to this stew.



# Winter Warmer Stew with Tempeh

This stew is full of heartiness! A medley of root vegetables stewed with mustard and bay leaves with savoury crumbled tempeh, served on brown basmati rice and finished with parsley.

 35 minutes

 4 servings

 Plant-Based

23 June 2023



## Slow Cook it!

*Add the diced root vegetables, chopped tomatoes, mustard and bay leaf to a slow cooker in the morning; so dinner is ready when you come home! Stir through the seasoned tempeh to warm through before serving.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	19g	20g	77g

## FROM YOUR BOX

BROWN BASMATI RICE	300g
BROWN ONION	1
CELERY STICKS	2
PARSNIPS	2
CARROT	1
TURNIP	1
BAY LEAVES	2
MUSTARD	1 jar
TINNED CHOPPED TOMATOES	400g
SEASONED TEMPEH	200g
PARSLEY	1 packet

## FROM YOUR PANTRY

olive oil, salt, pepper, cornflour

## KEY UTENSILS

small saucepan, large frypan or saucepan with lid

## NOTES

The smaller the vegetables are diced the quicker the stew will cook. If you prefer larger pieces, simmer the stew for longer.



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### 1. COOK THE RICE

Place rice in a saucepan, cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PREPARE THE VEGETABLES

Dice onion. Slice celery, parsnips and carrot. Dice turnip into 2–3cm pieces (see notes).



### 3. SAUTÉ THE VEGETABLES

Heat a large frypan or saucepan over medium heat with **2 tbsp olive oil**. Add vegetables and bay leaves. Stir in **2 tbsp cornflour** until coated.



### 4. SIMMER THE STEW

Stir in mustard and chopped tomatoes until combined. Pour in **1L water**. Increase heat to medium-high, cover and simmer for 20 minutes until vegetables are cooked through.



### 5. ADD THE TEMPEH

Crumble tempeh to resemble a mince-like texture. Stir through stew and season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Divide stew and rice among bowls. Chop parsley and use to garnish.

**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)

