

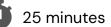


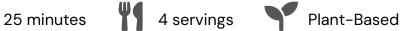
# **Product Spotlight:** Tempeh

Tempeh originated in Indonesia. The retention of the whole bean gives you a high protein content along with dietary fibre and vitamins!

# **Green Stir-Fry** with Peanuts & Tempeh

A stir-fry full of green goodness like spring onions, Asian greens, ginger and green chilli. Tossed with crumbled tempeh, seasoned with tare dressing from local 'The Ugly Mug' and finish with crunchy peanuts.







# Mix it up!

Cut all of the vegetables smaller and crumble the tempeh a little more. Toss together with the rice and bean shoots for family-friendly fried rice. Add other vegetables like corn or carrots to bulk it up as well.

#### FROM YOUR BOX

300g
1 piece
1 bunch
1 bunch
1
1
80g
1 packet
100g
1 bag

# FROM YOUR PANTRY

Sesame oil,, pepper, soy sauce

# **KEY UTENSILS**

large frypan or wok, saucepan

#### NOTES

We used sesame oil for added flavour in this dish. You could also use peanut oil or any mild flavoured oil.



# **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**

Grate ginger. Slice spring onions, Asian greens and capsicum. Slice chilli and roughly chop peanuts, keep separate.



# **3. STIR-FRY THE VEGETABLES**

Heat a large frypan or wok over high heat with **oil**. Add spring onions, ginger and capsicum, stir-fry for 1 minute. Crumble in **tempeh** and cook for a further 2 minutes.



**4. ADD THE TARE** 

Add **tare**, Asian greens and half the **bean shoots** to the pan along with **1/4 cup water**. Cook for 2 minutes or until greens are cooked to your liking. Season to taste with **pepper** and **soy sauce**.



# **5. FINISH AND SERVE**

Divide rice into bowls and add stir-fry. Top with chilli, extra bean shoots and peanuts.



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