



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Miso


Traditionally from Japan, this salty ingredient is made from fermented soy beans (or rice / barley) that are ground into a thick paste. It has a savoury, umami flavour and comes in a variety of shades.



## 4 Miso Brown Rice Salad with Tempeh

Tempeh served with a fresh salad of brown rice, vegetables and apple, tossed in an umami-rich miso glaze.

 30 minutes

 2 servings

 Plant-Based

12 November 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	35g	92g

## FROM YOUR BOX

BROWN RICE	1 packet (150g)
LEBANESE CUCUMBER	1
RADISHES	1/2 bunch *
RED APPLE	1
SPRING ONIONS	1/3 bunch *
SUGAR SNAP PEAS	1/2 bag (75g) *
PLAIN TEMPEH	1 packet (200g)
MISO GLAZE	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you have a mandolin you can use it to thinly slice the vegetables and apples.



### 1. COOK THE RICE

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



### 2. PREPARE VEGETABLES

Thinly slice cucumber, radishes, apple (see notes) and spring onion green tops (reserve bottoms). Trim and slice sugar snap peas.



### 3. COOK THE TEMPEH

Heat a frypan over medium–high heat with **oil**. Cut tempeh into strips and coat in 2 tsp miso glaze. Slice spring onions, add to pan along with tempeh. Cook, turning, for 4 minutes or until tempeh is golden and warmed through.



### 4. TOSS THE SALAD

In a large bowl whisk together 1/4 cup miso glaze and **3 tsp vinegar**. Add rice and prepared vegetables. Toss until well coated. Season with **salt and pepper**.



### 5. FINISH AND SERVE

Divide rice salad among shallow bowls, top with tempeh strips and spring onions.

**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**

