



Product Spotlight: Bean Shoots


Bean shoots have good levels of vitamin C, folate and iron. Iron helps transport oxygen in the blood and is also vital for brain development!



1 Teriyaki Tempeh and Brown Rice Bowl

Homemade teriyaki sauce drizzled over crunchy vegetables, tempeh and brown rice.

 30 mins

 2 servings

 Plant-Based

28 May 2021

Spice it up!

Some fresh red chilli and toasted sesame seeds would make a great addition to this dish.

Per serve: **PROTEIN** 33g **TOTAL FAT** 10g **CARBOHYDRATES** 70g

FROM YOUR BOX

BROWN RICE	150g
GINGER	1 piece
GAI LAN	1 bunch
SPRING ONION	1/3 bunch *
TEMPEH	1 packet
RED CAPSICUM	1
BEAN SHOOTS	1 bag
MINT	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, soy sauce (or tamari), sweetener of choice, 1 garlic clove, corn flour

KEY UTENSILS

large frypan, 2 saucepans

NOTES

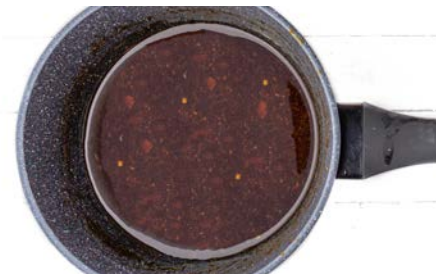
Use sesame oil if you have any on hand.

Instead of having your vegetables fresh (step 5), you could stir fry them all together at step 3.



1. COOK THE RICE

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



2. MAKE TERIYAKI SAUCE

Peel and grate ginger, crush **1 garlic clove**. Combine in a second saucepan with **1/4 cup soy sauce**, **2 tbsp sweetener of choice** (we used maple syrup), **1/3 cup water** and **2 tsp corn flour**. Bring to a boil, whisking constantly, simmer for 4 minutes then remove from heat.



3. COOK THE GAI LAN

Heat a frypan over medium–high heat with **oil** (see notes). Trim gai lan and cut into quarters lengthways, slice white ends of spring onions, add to pan as you go. Cook for 2–3 minutes (see notes).



4. FRY THE TEMPEH

Cut the tempeh into smaller pieces. Reheat frypan over medium–high heat with **oil**. Add in tempeh and cook for 2–4 minutes until warm.



5. PREPARE VEGETABLES

Thinly slice capsicum and green ends of spring onion. Arrange on a plate with bean shoots and mint leaves.



6. FINISH AND PLATE

Evenly divide rice among shallow bowls, top with tempeh and vegetables, spoon over teriyaki sauce.

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

