




Product Spotlight: Garlic


Garlic is rich in sulphur which has been shown to provide us with health advantages in a wide variety of body systems. This includes our immune, cardiovascular and digestive systems!



2 Tempeh Larb Lettuce Cups

Crisp cos lettuce leaves filled with bean thread noodles, seasoned tempeh, fresh veggies and served with a punchy lime dressing.

 30 minutes

 2 servings

 Plant-Based

21 December 2020

Spice it up!

You can add chopped lemongrass, grated ginger or finely sliced kaffir lime leaves to the tempeh for a more exciting flavour. Instead of making lettuce cups, you can shred the lettuce and serve as a noodle salad instead.

Per serve: **PROTEIN** 24g **TOTAL FAT** 22g **CARBOHYDRATES** 70g

FROM YOUR BOX

BEAN THREAD NOODLES	1 packet (100g)
BABY COS LETTUCE	1
RED CAPSICUM	1/2 *
CORIANDER	1/2 packet *
BEAN SHOOTS	1 bag (200g)
LIME	1
GARLIC	1/2 clove *
RED ONION	1/4 *
TEMPEH	1 packet (200g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, soy sauce or tamari, chilli flakes (optional)

KEY UTENSILS

large frypan, saucepan

NOTES

For the best flavour use sesame oil or a neutral flavoured oil in the dressing.



1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook for 2–3 minutes or until tender. Drain and rinse with cold water.



2. PREPARE THE SALAD

Separate and rinse lettuce leaves. Slice capsicum. Chop coriander and set aside with bean shoots.



3. PREPARE THE DRESSING

Zest the lime and set aside. Combine lime juice with 1/2 crushed garlic clove, **1/4 tsp chilli flakes**, **2 tbsp soy sauce** and **2 tbsp oil** (see notes).



4. COOK THE TEMPEH

Heat a frypan over medium heat with **oil**. Slice and add onion. Cook for 2–3 minutes. Crumble in tempeh and add lime zest. Cook for 3–4 minutes until warmed through.



5. FINISH AND PLATE

Assemble lettuce cups at the table with noodles, tempeh, salad and dressing.

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**

