



# Peanut satay rice noodle salad

with five spice tempeh



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot, small pot, non-stick frying pan



Pantry items needed: vegetable oil



Hands-on: 30 minutes  
Ready in: 30 minutes



Serves: 2 or 4

This noodle salad is loaded with colourful veggies, five spice tempeh and a most delicious, rich peanut satay sauce. Topped with mint and lime, it is incredibly satisfying and a delight for all the senses!

*NO ADDED GLUTEN | HIGH PROTEIN | Great for leftovers*

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
Chilli	10g	20g
Garlic	8g	16g
Ginger	25g	50g
Carrot	120g	240g
Capsicum	130g	260g
Tempeh	1 packet	2 packets
Mint	20g	40g
Lime	80g	160g
Roasted peanuts	1 packet	1 packet
Vermicelli rice noodles	1 packet	1 packet
Vegetable oil for sauce*	1 tbsp	2 tbsp
Miso satay base	1 tub	1 tub
Coconut milk	1 carton	1 can
Tempeh seasoning	1 packet	1 packet
Vegetable oil for tempeh*	1½ tbsp	3 tbsp

\* Pantry items

## Allergens and ingredients

Allergens: peanut, soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

## 1. Prepare ingredients

Thinly slice **chilli** (tip 1). Mince **garlic** and **ginger**. Slice **carrot** into thin matchsticks (tip 2). Thinly slice **capsicum**. Dice **tempeh** into 1cm cubes. Pick **mint** leaves and finely slice. Juice half quantity of **lime** and cut remaining into wedges. Roughly chop **peanuts**.

## 2. Cook noodles

In a large pot fill  $\frac{3}{4}$  full of water and bring to the boil. Add **vermicelli rice noodles** and cook for **1 minute** or until tender. Drain into a sieve and rinse with cold running water until cool to touch.

## 3. Make satay

In a small pot over medium heat, add **vegetable oil for sauce\***, **chilli**, **garlic** and **ginger** and cook, stirring until golden, about **2 minutes**. Add **miso satay** and **coconut milk** and whisk until smooth.

## 4. Cook tempeh

In a bowl (tip 3), add **tempeh** and **tempeh seasoning** and toss to coat. In a large non-stick frying pan over medium heat, add **vegetable oil for tempeh\***. When hot, add **tempeh** and cook until golden brown on all sides, about **8 minutes**.

## 5. Assemble salad

In a large bowl, add **carrot**, **capsicum**, **noodles**, **tempeh**, **mint**, **miso satay sauce** and **peanuts** and toss to combine.

## 6. Serve

Serve **salad** into bowls with **lime wedges** on the side.

## Cooking tips

1. For less heat, deseed chilli. Slice the chilli lengthways through the centre. Hold the top of the chilli and use a teaspoon to scrape out the pith and the seeds.
2. Carrot can also be grated to save time!
3. You can also use a ziplock bag instead, add the tempeh seasoning and the tempeh and shake to coat.

Eat your way  
to healthy!



**Tempeh** is low in carbs and very high in protein. It is also a good source of B vitamins, fibre, iron, calcium and other minerals. Like other soy foods, tempeh has cancer-fighting antioxidant properties.

Evidence suggests tempeh may lower blood pressure and inflammation, improve cholesterol and insulin resistance and promote bone and heart health. As a fermented food, tempeh is rich in probiotics as well as prebiotics, promoting good digestion.

## Nutritional information\*

	Per 465g serve	Per 100g
Energy	4108kJ (983Cal)	884kJ (211Cal)
Protein	35.5g	7.6g
Fat, total	51.3g	11.0g
- Saturated	19.3g	4.1g
Carbohydrate	92.0g	20.0g
- Sugars	13.0g	3.0g
Sodium	886mg	190mg

\* Nutritional information is based on averages