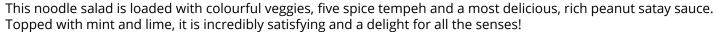


Peanut satay rice noodle salad

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

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 % 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