



Tempeh kecap

with capsicum and rice



Sweet and sticky house-made kecap sauce coats crispy tempeh, paired with capsicum and fluffy rice, you'll wonder why you ever ordered takeout!

NO ADDED GLUTEN | HIGH PROTEIN | Great for leftovers, Spicy (mild/optional)



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot, wok/large frying pan



Pantry items needed: chilli flakes (optional), vegetable oil



Hands-on: 30 minutes
Ready in: 35 minutes



Serves: 2 or 4



Nutrisoy Organic Tempeh

300g \$6.25

Featured as part of this meal kit and available to add to your next order.

Before you start

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

Ingredients

	2 serves	4 serves
Jasmine rice	165g	330g
Water, divided*	340ml	680ml
Brown onion	50g	100g
Garlic	8g	16g
Ginger	15g	30g
Makrut lime leaves	3g	6g
Lemongrass	10g	20g
Capsicum	150g	300g
Spring onion	30g	60g
Roasted peanuts	30g	60g
Kecap sauce	75g	150g
Chilli flakes (optional)*	¼ tsp	½ tsp
Tempeh	1 packet	2 packets
Tempeh seasoning	23g	46g
Vegetable oil*	2 tbsp	4 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. Cook rice

Rinse **jasmine rice** in a sieve until the water runs clear. In a small pot, add **jasmine rice** and **water*** (**1 cup and 2 tbsp for 2 serves** and **2¼ cup for 4 serves**) and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **12 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

2. Prepare vegetables

Finely dice **onion**. Mince **garlic**. Finely grate **ginger**. Remove stem and thinly slice **makrut lime leaves**. Removing any hard outer layers, finely chop **lemongrass**. Slice **capsicum** into thin strips. Finely slice **spring onion**. Roughly chop roasted **peanuts**. In a jug, whisk together **kecap sauce**, **water*** (**¼ cup for 2 serves** and **½ cup for 4 serves**) and **chilli flakes (optional)***.

3. Cook tempeh

Cut **tempeh** into 1cm cubes. In a bowl, add **tempeh** and **tempeh seasoning** and toss well to coat. In a wok / large frying pan over medium heat, add **vegetable oil***. When hot, add **tempeh** and cook until golden brown, about **2 minutes** each side. Remove from the pan and set aside.

4. Cook stir fry

In the same pan over medium heat, add **onion**, **garlic**, **ginger**, **lime leaf**, **lemongrass** and **capsicum** and cook, stirring occasionally, until golden brown, about **5 minutes**. Add **tempeh** and **kecap sauce** and stir constantly until thickened, about **2 minutes**.

5. Serve

Serve **rice** and **tempeh kecap** and sprinkle over **spring onion** and **peanuts**.

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 450g serve	Per 100g
Energy	4175kJ (999Cal)	928kJ (222Cal)
Protein	40.8g	9.1g
Fat, total	38.8g	8.6g
- Saturated	6.7g	1.5g
Carbohydrate	124.0g	27g
- Sugars	38.0g	9.0g
Sodium	1671mg	371mg

* Nutritional information is based on averages