



# DANDELION GREENS & TEMPEH CAULIFLOWER RICE STIR FRY

SERVES 2 OR 4

TIME: 35 MIN

CALORIES: 520/SERVING



A one-pan dish that is super easy to throw together, this cauliflower rice stir fry with tempeh and dandelion greens is the perfect dish for when you're craving a light, vegetable-packed meal that will still leave you feeling satisfied.

## WHAT YOU'LL NEED

- Large pan

- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Green onion	4	8
Garlic	2 cloves	4 cloves
Mushrooms	1 cup	2 cups
Dandelion greens	1/4 bunch	1/2 bunch
Carrot	1	2
Bell pepper	1	2
Tempeh	150 g	300 g
Cauliflower rice	2 cups	4 cups
Stir fry sauce	3/4 cup	1.5 cups
Lime	1	1
Sriracha	1 tbsp	2 tbsp



Prep your ingredients: mince the **garlic cloves**, thinly slice the **green onions, mushrooms and peppers**, roughly chop the **dandelion greens**, peel and thinly slice the **carrot**, cube the **tempeh**, and slice the **lime** into wedges. Take the **cauliflower rice** out of the freezer.



Heat 1 tbsp of **oil** (2 tbsp for 4 servings) over medium heat in a large pan. Once hot, add the **mushrooms, garlic, and green onion** (set some aside for garnish). Sauté for 5 minutes until fragrant and mushrooms have softened.



Add the **tempeh, carrots, and pepper**, and sauté for another 5-10 minutes until tender.



Add the **cauliflower rice** and sauté until the cauliflower is soft but not mushy, about 5-10 minutes. Mix in the **sauce** then the **dandelion greens** and cook until just wilted. Remove from heat.



Top with **lime wedges, cilantro, reserved green onions, and sriracha to taste** (optional).

Nutrition Facts		Valeur nutritive	
Per Serving (675 g)			
pour 1 (675 g)			
<b>Calories 520</b>	<b>% Daily Value*</b>		
	<b>% valeur quotidienne*</b>		
<b>Fat / Lipides</b> 26 g	35 %		
Saturated / saturés 5.0 g	25 %		
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 52 g			
Fibre / Fibres 16 g	57 %		
Sugars / Sucres 24 g	24 %		
<b>Protein / Protéines</b> 30 g			
<b>Cholesterol / Cholestérol</b> 0 mg	0 %		
<b>Sodium</b> 1310 mg	57 %		
Potassium 2000 mg	43 %		
Calcium 350 mg	27 %		
Iron / Fer 6.5 mg	36 %		
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			