



THAI CAULIFLOWER TEMPEH LETTUCE WRAPS WITH ROASTED SWEET POTATOES

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 560/SERVING



These cauliflower tempeh lettuce wraps are spiced with Thai red curry paste and paired with a creamy peanut butter sauce and fresh lime for the perfect combinations of flavours. Pro tip: dip the roasted sweet potatoes in the peanut sauce.

WHAT YOU'LL NEED

- 2 baking sheets
- 2 silicone baking mats (optional)
- Pan
- Mixing bowl
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Cauliflower	1/2 head	1 head
Tempeh	100 g	200 g
Sweet potato	1	2
Red curry paste + spice blend	1 tbsp	2 tbsp
Soy sauce	1/2 tsp	1 tsp
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Lettuce	1 head	2 heads
Peanut sauce	1/3 cup	2/3 cup
Green onion	1	2
Cilantro	1/8 bunch	1/4 bunch
Sesame seeds	1/2 tbsp	1 tbsp
Lime	1	1

Nutrition Facts		Valeur nutritive	
Per Serving (618 g)			
pour 1 (618 g)			
Calories 560		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 35 g			47 %
Saturated / saturés 10 g			50 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 46 g			
Fibre / Fibres 15 g			54 %
Sugars / Sucres 15 g			15 %
Protein / Protéines 25 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 810 mg			35 %
Potassium 1800 mg			38 %
Calcium 250 mg			19 %
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			



Preheat your oven to 400°F. Prep ingredients: Cut the **cauliflower** into small bite-sized pieces, cube the **sweet potato**, crumble the **tempeh**, separate the **lettuce leaves**, slice the **lime** into wedges, and thinly slice the **green onion**.



In a small bowl, whisk together 1 tbsp of **oil** (2 tbsp for 4 servings), the **curry paste + spice blend**, and a pinch of **salt** and **pepper** then add the **cauliflower** and toss to coat. Spread out on a baking sheet lined with silicone baking mat or lightly greased. Roast for 30-35 minutes, tossing halfway through.



Toss the **sweet potato** in 1 tbsp of **oil** (2 tbsp for 4 servings) and a pinch each of **salt** and **pepper**. Spread out on a baking sheet lined with a silicone baking mat or lightly greased and roast for 30-35 minutes, tossing halfway through.



During the last 10 minutes of roasting time, heat a pan over medium heat with 1 tsp of **oil** (2 tsp of 4 servings). Add in the **crumbled tempeh** and **soy sauce** and toss to coat. Sauté for 5-10 minutes, stirring occasionally until slightly brown and crispy.



Once the **cauliflower** and **sweet potatoes** are done, remove from oven. Add the **cauliflower** to a large mixing bowl with the **crispy tempeh** and toss to combine.



Divide the **sweet potato** between plates. Serve the **tempeh cauliflower mixture** in the **lettuce leaves** with the **peanut sauce**, **green onion**, **cilantro** and **sesame seeds**.