



FROM THE MAKERS OF



# The best of Victorian produce....

## Tempeh and roast beetroot salad with local pistachio nuts

### Ingredients

- 2 medium sized beetroots
- ½ packet of strong seasoned tempeh
- 1 cup baby spinach leaves
- 4 tbs olive oil
- ½ orange
- 2 tablespoons of Victorian pistachio nuts, use walnuts or hazelnuts as a replacement
- 1 tablespoon palm fruit oil, use butter or coconut oil as replacement
- 2 tablespoons chopped parsley or coriander (optional)
- Salt, pepper
- 200 gms pumpkin
- 1 medium sized broccoli
- 1 tbs honey
- 2 tbs vinegar
- 1 tsp grated ginger

### Method

1. Place the beetroots into a stockpot, cover with water, cover & bring to boil.
2. The beetroots are cooked when you can easily spike them with a knife tip all the way through (takes 1.5 - 2 hours).
3. When the beetroots are cooked strain & let them cool until you can hold in your hand.
4. Peel them and cut them into chunky wedges.
5. While the beetroots are cooking, peel the pumpkin & cut into. 2 - 3 cm pieces.
6. Cut the stems of the broccoli into approx. 1 cm cubes, cut the heads into little rosettes.
7. Place pumpkin into a steamer & place above boiling water, cover with a lid.
8. Cook for 3-4 minutes then add the broccoli & cook for another 1 minute.
9. Transfer onto a large surface so the vegetables can quickly cool down to room temperature.
10. Cut the tempeh into 1 - 2 cm cubes.
11. Pick thyme leaves and chop finely.
12. Heat the palm fruit oil in a pan.
13. Add the tempeh & roast on a high heat until golden brown on all sides, halfway through the roasting add the pistachio nuts- transfer to a large mixing bowl.
14. Finely zest the skin of the orange and place into a separate bowl.
15. Add honey, oil, vinegar chopped herbs ginger & mix through, season with salt & pepper.
16. Add the pumpkin, broccoli, spinach, beetroot & parsley to the tempeh.
17. Pour the dressing over and mix well through and transfer to a serving plate.

**What can you serve with this delicious salad?** *I serve this salad on its own as a main course. It goes well as a side garnish with roast fish, meats and grain patties. If you like it more Asian, omit the orange and replace it with a bit of freshly grated ginger and soy sauce as well as you add some toasted sesame oil and reduce the olive oil content for the amount of sesame oil added.*

## Shopping List

### **Tempeh and roast beetroot salad with local pistachio nuts**

- beetroot
- tempeh
- spinach leaves
- olive oil
- orange
- pistachio nuts
- palm fruit oil
- parsley
- salt
- pepper
- pumpkin
- broccoli
- honey
- vinegar
- ginger

**17<sup>th</sup> February**  
**By Walter Trupp**