

DINNERLY



Vegan Oven-Baked Veggie Tempura with Katsu Dipping Sauce & Edamame Rice



30-40min



2 Servings

Eating your vegetables has never been so easy. We took inspo from some classic Japanese flavors for a vegan meal that could even satisfy the meat lover at the table. Broccoli and sweet potatoes are dipped in tempura batter and baked in the oven for a light and airy crunch you can't get anywhere else. Add edamame rice and a drizzle of katsu sauce, and you've got a keeper. We've got you covered!

WHAT WE SEND

- ½ lb pkg broccoli
- 1 sweet potato
- garlic
- 5 oz pkg self-rising flour ¹
- 5 oz pkg jasmine rice
- 2½ oz pkg edamame ⁶
- 2 pkts katsu sauce ^{1,6}

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

TOOLS

- rimmed baking sheet
- small saucepan

ALLERGENS

Wheat (1), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 840kcal, Fat 7g, Carbs 165g, Proteins 23g



1. Prep veggies

Preheat oven to 450°F with a rimmed baking sheet on a rack in the upper third.

Trim stem ends from **broccoli** and cut into 1-inch florets. Cut **sweet potato** in half lengthwise, then cut into ½-inch thick half moons.

Finely chop **2 teaspoons garlic**.



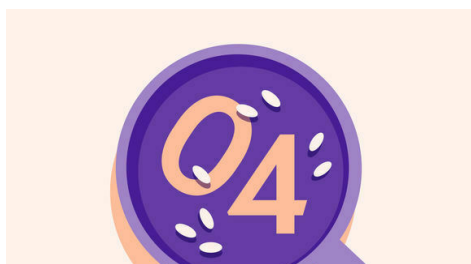
2. Prep batter

In a large bowl, add **1 cup self-rising flour**, **1 cup water**, **1 teaspoon salt**, and **a few grinds of pepper**; whisk until smooth. Add **broccoli** and **sweet potatoes**; toss to coat with **batter**.



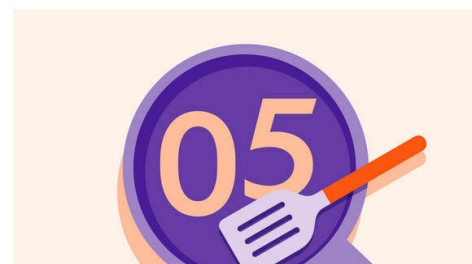
3. Bake veggies

Generously drizzle preheated baking sheet with **oil**. Spread **veggies** into a single layer; drizzle again with **oil**. Bake on upper oven rack until golden, flipping halfway through cooking time, 20–30 minutes (sweet potatoes may cook more quickly than broccoli).



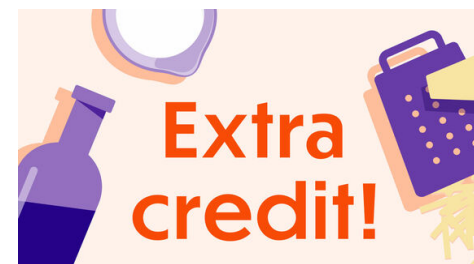
4. Cook rice

Meanwhile, heat **2 teaspoons oil** in a small saucepan over medium-high. Add **rice** and **chopped garlic**; cook, stirring, until rice is toasted, about 2 minutes. Stir in **½ teaspoon salt** and **2 cups water**; bring to a boil. Reduce heat to low; cover and cook until rice is tender, about 17 minutes. Place **edamame** on top, cover, and let sit 5 minutes.



5. Serve

Serve **edamame rice** topped with **oven-baked tempura veggies**. Drizzle **katsu sauce** over top or serve on the side for dipping. Enjoy!



6. Add some greens!

Add some extra greens with a light salad! Toss whatever greens you have sitting in the fridge with some chopped tomatoes, cucumbers, and a drizzle of any extra katsu sauce.