

TONZU

PLANT-BASED WHOLEFOODS

Organic Crispy Tempeh with Stir-fry Veggies

Serves 4 people

We all love a good stir fry! With lots of colour and the veggies not overcooked, just al dente.... This one has the lovely twist of having tasty, nutty tempeh as the protein component making it an incredible wholesome meal choice for dinner. Tempeh is a superfood made from highly nutritious fermented soybean. The fact that it tastes savoury, nutty and delicious is a major bonus!

Difficulty Level: Easy

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

INGREDIENTS

- 250g TONZU Organic Tempeh, sliced lengthways into 2-3cm strips
- olive oil for frying (or other oil of your choice)
- organic Tamari sauce
- 3-5 garlic cloves, crushed
- a generous knob of fresh ginger, grated
- ½-1 tsp chilli flakes (optional)
- selection of your favourite seasonal vegetables, cut into bite sized pieces (suggestions; onion white or red, mushrooms, capsicum, carrot, celery, broccoli, zucchini, cauliflower, bok choy or other Asian greens)
- 2-3 tsp toasted sesame seeds to garnish

HOW TO MAKE

1. In a non-stick frypan, place enough olive oil to coat the bottom. Put the tempeh strips in the pan and drizzle with tamari. Cook one side until golden and turn and cook the other side, drizzling with a little more tamari. Remove from the heat and set aside.
2. Have all your veggies chopped and ready to cook as well as the ginger, garlic and chilli if using. Put olive oil in a fry pan or wok and stir fry the onions first for a few minutes following with the ginger and garlic and chilli flakes.
3. On a medium to high heat, slowly add the other vegetables being sure to put in the ones that take the longest to cook first like carrots, broccoli and cauliflower and ending with the ones that take less time like mushrooms, snow peas and Asian greens. Add a little water as necessary, to prevent sticking/burning on the bottom of the pan.
4. Work quickly and stir fry the veggies constantly with a fish slice or similar. As the vegetables are near done, add a few generous splashes of tamari and continue to stir fry, being conscious to get the veggies to an al dente point and avoid overcooking them.
5. Finally, add the cooked tempeh and give a last stir before serving immediately into bowls and garnishing with toasted sesame seeds.

NB for a more substantial meal, serve with some cooked brown rice or a brown rice/quinoa mix.

