

TONZU

PLANT-BASED WHOLEFOODS

Smokey Tempeh 'Bacon'

Serves 2-3 people

The crisp texture and nutty flavour of TONZU Tempeh strips will delight your taste buds! Simple to prepare and so versatile to use – add to salads, grilled vegetables or make a vegan BLT!

Difficulty Level: Easy

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes



INGREDIENTS

- 250g TONZU Tempeh, sliced into thin strips
- Tamari sauce, to taste

HOW TO MAKE

1. Heat your choice of oil in a frying pan until hot. Add the tempeh strips and immediately sprinkle with tamari.
2. Cook for 2-3 minutes and then turn over and sprinkle again with slightly less tamari. Cook for a further 2-3 minutes.
3. Continue to turn until cooked to desired crispiness, adding more tamari to suit your taste preference.

HOW TO SERVE

Simply eat as it is or add to your favourite dish as a great source of protein!