

TONZU

PLANT-BASED WHOLEFOODS

Tempeh "Beef" Steak with Brown Sauce

Serves 1-2 people

Enjoy the nutty flavours of TONZU Tempeh steaks in a beautiful soy and coconut milk sauce - a simple satisfying dish that's so easy to make!

Difficulty Level: Easy

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes



INGREDIENTS

- 250g Tonzu Tempeh
- 2 tsp sweet Indonesian soy sauce (kecap manis)
- ½ cup coconut milk
- 1 shallot, sliced finely
- ½ garlic clove, crushed
- ⅛ tsp ground nutmeg
- 1 pinch black pepper
- Salt & Pepper to taste
- 1.5 tsp oil of your choice
- 1.5 tsp dark brown sugar, coconut sugar, Stevia or palm sugar (optional)
- 1 tsp vinegar (optional)

HOW TO MAKE

1. Cut the tempeh block into quarters and then slice through the thickness of each to create 8 'steaks'.
2. Fry the shallot and garlic in a little oil over a medium-high heat, sprinkle over the salt and pepper. Add the tempeh and sauté for another 3-4 minutes until turning golden.
3. Mix together the soy sauce, coconut milk, sugar and vinegar (if using) and add to the pan with the tempeh.
4. Bring to the boil and simmer uncovered for about 6-10 minutes or until the liquid has evaporated.

HOW TO SERVE

Serve with steamed rice or noodles and lightly steamed greens like bok choy. Drizzle on a little sweet Thai chilli sauce if desired

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