

TONZU

PLANT-BASED WHOLEFOODS

Tempeh Gado Gado

Serves 4-5 people

A traditional Indonesian meal served as a main or side dish - the nutty flavours of our TONZU Tempeh complement the peanut sauce and lightly cooked vegetables perfectly.

Difficulty Level: Easy

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes



INGREDIENTS

- 500g TONZU Tempeh
- 2 tbsp tamari
- 1 tsp oil
- 2 brown onions, diced
- 2 garlic cloves, crushed
- 250ml coconut milk
- 100g peanut butter
- Salt to taste

HOW TO MAKE

1. Cut the tempeh into thin slices, fry in the oil for about 5 minutes while sprinkling over with tamari. Set aside.
2. Make the peanut sauce by gently frying the onions and garlic, once the onions are translucent add the coconut milk, peanut butter and salt - adjust to your personal taste.
3. Add the tamari to the sauce and heat through.

HOW TO SERVE

Serve on a bed of rice with steamed vegetables of your choice and a sprinkle of peanuts on top.

For a little bit of heat and zing add some lime wedges and slices of red chilli.