

# Sesame Tempeh Stir-Fry

## Serves 4

7 oz. (200g) tempeh, cut into cubes  
1 tbsp. olive oil  
1 tbsp. ginger, grated  
2 cloves garlic, crushed  
1 tbsp. sesame oil  
1 tbsp. rice wine vinegar  
3 tbsp. tamari (or soy sauce)  
2 tbsp. maple syrup  
2 carrots, chopped or cut into thin strips  
½ broccoli head, florets  
1 bell pepper, sliced  
1 tbsp. sesame seeds, to garnish  
spring onion or chives, to garnish  
3 cups (585g), brown rice, cooked

## What you need to do

1. Heat the olive oil in a pan over medium-high heat and cook the tempeh for about 6 minutes, occasionally stirring until browned on each side.
2. In the meantime, prepare the sauce by mixing ginger, garlic, sesame oil, rice wine vinegar, soy sauce, and maple syrup in a bowl.
3. Add half the sauce to the pan with the tempeh, mix until coated, then remove it from the pan and set it aside.
4. Add the carrots, broccoli and pepper, and remaining sauce to the pan and cook for about 5 minutes, or until veggies are tender.
5. Next, add in the tempeh and cook for another 3-5 minutes or until the vegetables are cooked through.
6. Once ready, serve with ¾ cup cooked brown rice, sesame seeds, and sliced spring onion or chives.



DF	MP	V				
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
10 mins	20 mins	507	13	54	17	

\*Nutrition per serving

