

LOVE THY CARROT

real food made with love

BAKED TEMPEH WITH PEANUT SAUCE

This recipe serves 4

INGREDIENTS

8 ounces tempeh, one package
2 tsp chili garlic sauce or 1/4 tsp red pepper flakes
1 tbsp sesame oil
2 tbsp creamy peanut butter or almond butter
6 tbsp tamari or soy sauce
3 tbsp lime juice
1 1/2 tbsp maple syrup
1/4 tsp ground turmeric
pinch of salt
3 large cloves garlic, peeled
1 stalk lemongrass, remove ends and chop into small pieces
sesame seeds, to sprinkle on top, optional

DIRECTIONS FOR THE TEMPEH

1. Place tempeh in medium saucepan and cover with water; bring to a boil over medium heat. Steam tempeh for about 10 minutes.
2. Once steamed remove tempeh from saucepan and pat dry.
3. Cut into bite-size pieces and set aside.

DIRECTIONS FOR THE MARINADE

1. In the bowl of a food processor make the marinade by adding the chili garlic sauce, sesame oil, peanut butter, tamari, lime juice, maple syrup, turmeric, garlic, salt and lemongrass. Blend until well combined. You may want to have a taste to adjust flavours. I like mine with a bit of extra chili sauce.
2. Place the tempeh in a bowl and add the marinade, toss to coat. Cover and refrigerate for at least 2 hours or longer if you have the time.
3. Preheat oven to 375 degrees F and line a baking sheet with parchment paper. Put the tempeh on the baking sheet. Save the remaining marinade to use for serving.
4. Bake for 25 minutes or until lightly browned, turning over once. Remove when down and brush with more of the marinade.
5. If you want you can put the cooked tempeh on skewers, it makes a great way to serve or just serve on platter, either way remember to brush on more of the marinade on the tempeh and sprinkle with sesame seeds.

COOKS NOTES

You can marinate the tempeh up to 24 hours.
Any leftover marinade can be kept in the fridge for up to 2 weeks.
This sauce is good on just about anything.