

15-minute sheet pan tempeh and broccoli

Serves 4

RECIPE ADAPTED FROM: [Averie Cooks](#)

COOK TIME: 15 minutes

¼ cup low-sodium soy sauce
4 cloves garlic, finely minced or pressed
2 Tbsp honey or maple syrup
2 Tbsp toasted sesame oil
2 Tbsp rice vinegar
2 Tbsp fresh grated ginger (or 1 tsp ground ginger)
freshly ground black pepper, to taste
pinch cayenne pepper or red pepper flakes,
optional and to taste
8 oz tempeh cubes
4 cups broccoli florets (about 1-2 heads)
1 red bell pepper, large dice
2 green onions, sliced in 1-inch segments
on the bias
1 Tbsp sesame seeds, optional for garnishing

PREHEAT oven to 425°F and line a sheet pan with parchment paper for easier cleanup; set aside.

ADD soy sauce, garlic, honey or maple syrup, toasted sesame oil, rice vinegar, ginger, pepper and optional cayenne or red pepper flakes to a large bowl.

WHISK to combine.

ADD tempeh, stir to combine, and let marinate for at least 20 minutes (if you have time and can marinate 1-2 hours or longer, even better).

TRANSFER tempeh to the sheet pan using tongs, with space in between the pieces; set aside.

ADD broccoli and bell pepper to the marinade mixture and give it a quick dunk; you just want to moisten it a bit.

TRANSFER veggies to the sheet pan using tongs, and scatter it in between the tempeh so food isn't overlapping too much.

BAKE about 15 to 20 minutes, or until the broccoli is fork-tender.

EVENLY garnish with green onions and, if desired, sesame seeds.

SERVE immediately.

