

sesame peanut tempeh

Makes 2 servings

RECIPE ADAPTED FROM: [Eat with Clarity](#)

PREP TIME: 5 minutes (active), 10 minutes (inactive)

COOK TIME: 10 minutes

8oz block/package of tempeh
2 cups chopped broccoli
1 cup cherry tomatoes
1-2 Tbsp avocado or toasted sesame oil, divided

Sauce

2 cloves garlic, finely minced
1 Tbsp toasted sesame oil
¼ cup tamari or soy sauce
1 Tbsp maple syrup or honey
2 Tbsp vegetable broth
2 Tbsp natural peanut butter
Juice from ½ lime
½ tsp red pepper flakes

Garnish

¼ cup chopped scallions for garnish
½ tsp sesame seeds for garnish
½ avocado, optional

WHISK together all of the ingredients for the sauce in a small to medium bowl.

CUT tempeh into squares, cut each square into triangles.

ADD tempeh to a bowl and coat with half of the sauce. Let sit for about 15 minutes to marinate. Toss it halfway through to ensure the sauce is coating every side.

WHILE tempeh is marinating, heat a medium pan with a dash of oil (avocado or toasted sesame) over medium heat, add in broccoli, and after 5 minutes, add tomatoes. Remove vegetables from the pan after 3-5 minutes.

ONCE tempeh is finished marinating, reheat the pan over low/medium heat with 1Tbsp of oil and add the tempeh, leaving most of the marinade in the bowl.

LET simmer until the sauce starts to darken, then add in half of the sauce (save the other bit for drizzling on top of the bowls).

SIMMER for about 5 minutes to allow the tempeh to absorb the flavor. Flip halfway to ensure it is evenly cooked.

ASSEMBLE the bowls with broccoli and tomatoes, tempeh, sliced green onion, sesame seeds, sliced avocado (optional) and a drizzle of the peanut sauce.

ONCE cooked, this tempeh will last in the fridge for about 3-5 days.

