



# SESAME-GINGER TEMPEH BOWL

with Tahini Dressing and Sprouted Brown Rice



## HELLO TEMPEH

Firm and chewy in texture, tempeh has become a popular meat substitute

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 698



Tempeh



Ginger



Tahini



Garlic



Red Cabbage, shredded



Orange Bell Pepper



Green Onions



Soy Sauce



Cilantro



Sprouted Brown Rice



Lemon

## BUST OUT

- Garlic Press
- Large Non-Stick Pan
- Measuring Spoons
- Measuring Cups
- Large Bowl
- Whisk
- Medium Pot
- Small Bowl
- Paper Towel
- Zester
- Potato Masher
- Sugar (1 tsp)
- Small Pot
- Salt and Pepper
- Strainer
- Olive or Canola oil

## INGREDIENTS

2-person

- Tempeh 4 250 g
- Ginger 30 g
- Tahini 8 2 tbsp
- Garlic 10 g
- Red Cabbage, shredded 113 g
- Orange Bell Pepper 190 g
- Green Onions 2
- Soy Sauce 1,4 2 tbsp
- Cilantro 10 g
- Sprouted Brown Rice 1/2 cup
- Lemon 1

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.



## START STRONG

Tempeh comes in a dense, rectangular block. Boiling the tempeh in water before frying it will help soften and tenderize it for easier consumption.



**1 COOK RICE**  
**Wash and dry all produce.\*** Using a strainer, rinse **rice**. In a medium pot, combine the rice with **1 1/4 cups water** (double for 4 ppl). Bring to a boil over high heat, then reduce the heat to medium-low. Cover and simmer until the rice is tender, 25-26 min. Remove the pot from the heat and let stand, 2-3 min. Drain any excess water.



**4 MAKE DRESSINGS**  
In a large bowl, whisk together the **lemon zest, lemon juice** and **2 tbsp oil**. Season with **salt and pepper**. Add **cabbage, green onion whites and pepper**. Toss together. Set aside. In a small bowl, whisk together **tahini, half the garlic, half the ginger, 1 tbsp soy sauce, 1 tsp sugar** and **2 tbsp water**. Set aside.



**2 BOIL TEMPEH**  
Meanwhile, in a small pot, combine the **tempeh** with enough **water** to cover (approximately 1-2 inches). Bring to a boil over high heat, then reduce heat to medium-low. Simmer until the tempeh is fork-tender, 8-9 min.



**5 FRY TEMPEH**  
When **tempeh** is tender, drain and pat dry with paper towels. Heat a large non-stick pan over medium-high heat. Add a generous drizzle **oil**, then tempeh. Using a potato masher, break tempeh into smaller pieces. Add **remaining garlic** and **remaining ginger**. Cook, stirring occasionally, adding another drizzle of oil if pan gets dry, until golden-brown and crispy, 8-9 min.



**3 PREP**  
Meanwhile, mince or grate **garlic**. Peel, then zest or grate **1 tbsp ginger**. Roughly chop the **cilantro**. Thinly slice **green onions**, keeping the **white** and **green** parts separate. Core, then cut the **bell pepper** into 1/4-inch slices. Zest and juice **half the lemon**. Cut the **remaining lemon** into wedges.



**6 FINISH AND SERVE**  
Sir the **remaining soy sauce** into the **tempeh**. Divide the **rice, veggies** and tempeh between bowls. Drizzle over the **tahini dressing**, then sprinkle over the **onion greens** and **cilantro**. Squeeze over a **lemon wedge**, if desired.

## DELICIOUS!

The tahini dressing is so good, you'll want to drizzle it on all your salads!