



# TEMPEH TERIYAKI BOWL

with Zucchini and Coconut Rice

VEGGIE



## HELLO TEMPEH

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

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 750



Tempeh



Zucchini



Green Onions



Jasmine Rice



Soy Sauce



Honey



Cornstarch



Ginger



Garlic



Coconut Milk



Sesame Seeds

## BUST OUT

- Large Non-Stick Pan
- Medium Pot
- Measuring Cups
- Garlic Press
- Zester
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Small Bowl

## INGREDIENTS

2-person | 4-person

• Tempeh <b>4</b>	250 g		500 g
• Zucchini	227 g		454 g
• Green Onions	2		4
• Jasmine Rice	¾ cup		1 ½ cup
• Soy Sauce <b>1,4</b>	¼ cup		½ cup
• Honey	3 tbsp		6 tbsp
• Cornstarch <b>9</b>	1 tbsp		2 tbsp
• Ginger	30 g		60 g
• Garlic	10 g		20 g
• Coconut Milk	1 can		2 can
• Sesame Seeds <b>8</b>	1 tbsp		2 tbsp

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

\*Laver et sécher tous les aliments.



## START STRONG



Peel ginger using a spoon's edge — you'll be able to maneuver around the knobby bits more easily!



**1 MAKE TERIYAKI SAUCE**  
Wash and dry all produce.\* Mince or grate **garlic**. Peel, then zest or grate **2 tsp ginger** (dbl for 4 ppl). In a small bowl, whisk together the **soy sauce, ginger, garlic, honey, cornstarch** and **½ cup water** (dbl for 4 ppl). Set aside. Cut the **tempeh** into ½-inch cubes. In a medium bowl, stir together the **sesame seeds, tempeh** and **2 tbsp teriyaki sauce** (dbl for 4 ppl). Stir to coat and set aside.



**4 COOK TEMPEH**  
Heat a large non-stick pan over medium-high heat. When the pan is hot, add **2 tbsp oil** (dbl for 4 ppl), then the **tempeh cubes**. Pan-fry, turning occasionally, until golden-brown on all sides, 5-6 min. Transfer to a plate and set aside.



**2 MAKE RICE**  
In a medium pot, combine the **coconut milk** and **1 cup water** (dbl for 4 ppl). Bring to a boil over high heat. Add the **rice**. Reduce the heat to medium-low. Cover with a lid, and cook until the **rice** is tender and the **liquid** has been absorbed, 10-12 min.



**5 COOK ZUCCHINI**  
Add **1 tbsp oil** (dbl for 4 ppl) and **zucchini** to the same pan. Cook, stirring often, until tender-crisp, 3-4 min. Remove the pan from heat and add the **remaining teriyaki sauce** and **tempeh cubes**. Stir until the **sauce** is slightly thickened and the **tempeh cubes** are coated with the **sauce**, 1-2 min.



**3 PREP**  
Slice the **zucchini(s)** in half lengthwise, then into ½-inch thick half-moons. Thinly slice the **green onions**.



**6 FINISH AND SERVE**  
Fluff **rice** with a fork, then season with **salt**. Divide the **coconut rice** between bowls and top with the **tempeh teriyaki**. Drizzle over any **remaining sauce** in the pan. Sprinkle over the **green onions**.

## EASY DOES IT!

Stir-fries deliver the biggest flavour-to-effort ratio.