



SLOPPY JOE TEMPEH SANDWICH

with Roasted Carrot Sticks

VEGGIE



HELLO TEMPEH

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

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 631



Tempeh



Red Onion, chopped



Rosemary



Carrot, sticks



Burger Bun



Crushed Tomatoes



Sloppy Joe Seasoning



Ketchup



Brown Sugar

BUST OUT

- Aluminum Foil
- Paper Towel
- Measuring Spoons
- Strainer
- Baking Sheet
- Small Pot
- Large Non-Stick Pan
- Salt and Pepper
- Potato Masher
- Olive or Canola oil

INGREDIENTS

2-person

- Tempeh **4** 250 g
- Red Onion, chopped 56 g
- Rosemary 10 g
- Carrot, sticks 340 g
- Burger Bun **1,2,3** 2
- Crushed Tomatoes 1 can
- Sloppy Joe Seasoning 2 tbsp
- Ketchup **9** 2 tbsp
- Brown Sugar 1 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
- 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

Preheat oven to **425°F** (to roast the carrots and toast the buns). Start prep when oven comes up to temp! 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 ROAST CARROTS
Strip the **rosemary leaves** from the stems and finely chop **2 tsp**. On a foil-lined baking sheet, toss the **carrots** with **2 tsp rosemary** and **2 tbsp oil**. Season with **salt** and **pepper**. Roast in the middle of the oven, tossing halfway through cooking, until golden-brown and tender, 30-32 min.



4 FINISH TEMPEH
In the same pan as the **tempeh mixture**, add the **tomatoes**, **ketchup** and **brown sugar**. Season with **salt** and **pepper**. Bring up to a boil, then reduce the heat to medium-low. Cook, stirring occasionally, until the **tempeh mixture** is slightly thickened, 4-5 min.



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 TOAST BUNS
Meanwhile, cut the **buns** in half and arrange them on a baking sheet, cut-side up. Toast in the middle of the oven until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)



3 COOK TEMPEH
When the **tempeh** is tender, drain and pat dry with paper towels. Heat a large non-stick pan over medium-high heat. When the pan is hot, add **2 tbsp oil**, then the **tempeh** and the **sloppy joe seasoning**. Using a potato masher, break the **tempeh** into smaller pieces. Add the **onions** and cook, stirring occasionally, until the **onions** soften, 2-3 min.



6 FINISH AND SERVE
Divide the **sloppy joe tempeh mixture** between **buns**. Serve the **rosemary carrot sticks** on the side.

SAUCY

Be sure to grab a napkin before biting into this sandwich smothered in sauce.