

TEMPEH TERIYAKI BOWL

with Zucchini and Coconut Rice





HELLO TEMPEH

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



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

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

ALLERGENS ALLERGÈNES

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

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

- O Seafood/Fruit de Mer 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait 3 Egg/Oeuf
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 10 Crustacean/Crustacé
- 5 Tree Nut/Noix
- 11 Shellfish/Fruit de Mer
- *Laver et sécher tous les aliments.

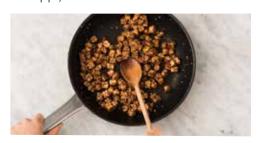
START STRONG



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



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.



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.



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.



PREP Slice the zucchini(s) in half lengthwise, then into 1/2-inch thick halfmoons. Thinly slice the green onions.



COOK ZUCCHINI Add 1 tbsp oil (dbl for 4ppl) 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.



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.