


Winter Inspired Tempeh Bowl

 Ready in 25 minutes



Meal Type:
DINNER (PROTEIN/VEG/FAT)

Preparation Difficulty:
EASY

Program Phase:
ALL PHASES

Preparation Time:
PREP: 15 minutes
COOK: 10 minutes



TIP: USE A SMALL OR IMMERSION BLENDER TO MIX THE DRESSING FOR BETTER BLENDING AND TO HELP MARRY THE FLAVORS

INGREDIENTS (1 SERVING):

Bowl:

3-4 oz (female) OR 5-6 oz (male) tempeh plus 1 tbsp olive oil for cooking

2 cups of kale

1 mandarin/clementine

1/4 of a red onion

1/3 cup shredded beets (or red cabbage)

1 tbsp pumpkin seeds

Salt, pepper, onion/garlic powder to taste

Dressing:

2 tbsp apple cider vinegar

1 tbsp olive oil

1/2 tsp nutritional yeast (optional but adds great flavor, texture & nutritional value!)

2 tsp Dijon mustard (a great emulsifier as well as flavor component!)

1/2 tsp cinnamon

1. Make the dressing by combining all ingredients together in a small bowl and whisking well.
2. Add kale to a medium/large bowl, Use half of the dressing to massage and marinate the kale well (this softens the kale and evenly distributes flavors so there's dressing in every bite!). After kale is massaged, top with the rest of the bowl ingredients except tempeh.
3. Slice tempeh into 1/2 inch thick pieces.
4. In a small or medium frying pan, heat olive oil on medium heat for about a minute. Once oil is heated, add the strips of tempeh to the pan and cook for 3-5 mins on each side, seasoning lightly with salt, pepper and garlic or onion powder.
5. Once tempeh is finished cooking, top the rest of the bowl with it and drizzle on the remaining dressing. Enjoy!

#EATGOODFEELGOOD