



TEMPEH QUINOA GOODNESS BOWL

Prep: 45mins – Serves 2-3 – Easy

For the tempeh:

200g tempeh, tofu or paneer
1 tbsp maple syrup
1 tbsp soy sauce
1 tbsp olive oil
1 tbsp balsamic vinegar
½ tsp chilli flakes

150g quinoa

1 ½ tsp powdered vegetable stock
a pinch of salt
1 tsp olive oil

To serve:

½ red onion
1 tbsp white wine vinegar
a pinch of salt
1 tsp sugar
1 beetroot
1 carrot
a bit of salad leaves
a bit of fresh herbs (parsley and mint work well)

For the dressing:

2 tbsp peanut butter
2 tbsp maple syrup
2 tbsp tahini
2 tsp miso paste
2 tsp soy sauce
1 tsp grated ginger
a pinch of chili flakes
juice of 1 lemon

1. Cut the tempeh into strips of approx. 6x1cm. Mix all the tempeh marinade ingredients in a bowl, add the tempeh strips and mix until all sides are coloured by the marinade. Set aside and leave to marinate.
2. Finely slice the red onion and put into a bowl with the white wine vinegar, salt and sugar. Briefly scrunch the onion and the liquid between your fingers, then set aside.

3. Rinse the quinoa under a running tap, put into a saucepan with the vegetable stock, salt and olive oil. Add 350ml boiling water, cover and cook for 12 minutes. Uncover and cook for another 3-5 minutes until all the liquid has been absorbed. Set aside while preparing the rest.
4. Make the dressing by mixing all the ingredients.
5. Peel and grate the carrot and the beetroot.
6. Heat a frying pan and add the tempeh strips with the marinating liquid. Fry for approx. 4 minutes, turning regularly, until the tempeh is caramelized and browned.
7. Put a couple of spoonfuls of quinoa into each bowl. Add a bit of grated carrot, beetroot, salad leaves and herbs, tempeh and finish each bowl off with a dollop of dressing.

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