

ORANGE BROCCOLI AND TEMPEH "CHOP CHOP STIR FRY"



DIFFICULTY
EASY



TIME
30 MIN



SERVES
4

INGREDIENTS

Finishing Sauce

- 1 Tbsp + 1 tsp Tapioca Flour
- 2 Tbsp Molasses
- 1/3 Cup Coconut Amino Acids
- 1/4 Cup Unseasoned Rice Wine Vinegar
- 1 tsp Orange Zest
- 1 Tbsp toasted Sesame Oil

Vegetables + Tempeh + Sesame Seeds

- 2 Tbsp Cooking Oil, divided
- 2 Cups Broccoli Florets, cut into "fork friendly" pieces
- 1 each Red Bell Pepper, thinly sliced into 1" strips
- 1 Cups Snap or Snow Peas, trimmed
- 1/2 Cup Thinly sliced Red or Green Cabbage
- 1 Tbsp minced Ginger root (wash thoroughly)
- 2 Tbsp finely chopped Garlic (about 6 cloves)
- 2 Tbsp of water or cooking white wine or sherry
- 1 each 15 ounce block of Tempeh, cut into 1/3" cubes
- Salt and pepper to taste
- 1/2 Cup of Edamame beans
- 1 each Green Onion, thinly Sliced
- 2 Tbsp toasted Sesame Seeds
- 2 Cups cooked Brown Rice

DIRECTIONS

1. In a small bowl, mix together the Tapioca Flour, Coconut Amino Acids, Rice Wine Vinegar, Orange Zest and Sesame Oil. Set aside
2. In a large saute pan or wok, heat the 1 tbsp of the cooking oil over high heat until shimmering
3. Add the Broccoli and saute for a minute
4. Add the Red Pepper, Snow Peas, Cabbage and Ginger and saute for another 2-3 minutes, or until crisp-tender. Do not overcook as you will be rearming the vegetables in the finishing sauce
5. Add the Garlic and saute for 30 seconds
6. Turn off the heat and remove the vegetables from the pan.
7. Deglaze the pan with water or cooking wine. Add in the remaining oil and heat it up until shimmering
8. Add the Tempeh cubes saute until brown (about 2-3 minutes)
9. Stir in the finishing sauce and let it cook for about 2 minutes; or until slightly thickened. Season with salt and pepper. Add in the edamame + the cooked vegetables and stir for about 30 seconds, or until hot
10. Remove from heat. top with peanuts and green onions. Serve over warm brown basmati rice, cauliflower rice or your favorite whole grain

NUTRITION FACTS PER SERVING

Calories: 373 Fat: 11g (Saturated Fat: 1.7g) Carbohydrates: 49.9g Fiber: 10.6g Sugar: 13.2g Protein: 18.3g



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