

Stir-Fried Vegetables & Tempeh

Swick

Serves 2 to 3 | Active Time: 35 minutes | Total Time: 40 minutes

Step 1: Preparing the Tempeh

- 2 cloves garlic
- 1 - 2 inch piece of ginger
- 1/4 cup tamari or soy sauce
- 1 (1 - inch) pieces of kombu* (optional)
- 2 to 3 cups water
- 1-8 oz package of tempeh

To start, slice the garlic and thinly slice about 8 pieces of ginger.

In a large pot, combine the tamari, garlic, ginger, kombu (if using) and water and bring to a simmer. Depending on the pot used, you may only need 2 cups of water so start with the 2 cups and add more later, once you add the tempeh.

*Note: kombu is a sea vegetable. It can be found in most health food stores or Asian markets.

To prepare the tempeh, cut into smaller bite-sized pieces. Add the tempeh to the pot and continue to gently simmer for 15 to 30 minutes.

Once the tempeh is ready, drain onto a tray lined with a cooling rack—or something that will allow the tempeh to dry as it cools.

Step 2: Preparing Your Mise en Place

- 1 cup carrots
- 1 cup onions
- 1 cup snap peas
- 1 cup shiitake mushrooms
- 1/2 cup green onions
- 1 1/2 tsp garlic (about 2 cloves)
- 1 1/2 tsp fresh ginger (about 1/2" - inch piece)

To prepare your mise en place, slice the onions. Slice the mushrooms into 1/4" - inch thick slices. Peel and slice the carrots on the bias. Trim the stem end off of the snap peas and remove the string, if desired. Thinly slice the green onions on the bias. Mince the garlic and ginger. Set aside.

Step 3: Preparing the Sauce

- 3 tbsp mushroom flavored oyster sauce*
- 2 tsp soy sauce
- 2 tsp sesame oil
- 1/4 tsp sweetener, optional
- 1 tsp sambal oelek

To prepare the sauce, simply mix the ingredients together and set aside.

*Note: Mushroom flavored oyster sauce is typically plant-based or vegan-friendly, but be sure to check the label.

Step 4: Stir-Frying the Dish

- 1 to 2 tbsp peanut or grapeseed oil
 - 1/4 cup nuts (such as cashews), optional
- To stir-fry the dish, line the ingredients up in the proper cooking order. Heat a wok (or large fry-pan) over high heat. Once hot, cook the stir-fry according to the basic steps in the lesson. Keep in mind that vegetables should be added in the correct order so that they are all done at the same time.

Stir-fry tempeh – remove. Stir-fry the onions — mushrooms — carrots — snap peas — add garlic & ginger — return tempeh to wok — add sauce — finish with green onions. Feel free to add a touch more oil during the stir-frying process, if needed. If desired, add 1/4 cup chopped peanuts, cashews or almonds. Serve immediately.