

# Maple glazed tempeh salad

A fuss-free salad that is simple to make and packed full of flavour.



# Ingredients

## Maple glazed tempeh

- 800g plain tempeh (2 packets)
- 2 cup maple syrup
- 4 cup balsamic vinegar
- 2 tsp olive oil
- 3 tbsp tamari
- 3 cloves garlic, crushed
- 1 tbsp olive oil

## Salad

- 2 carrots, peeled and trimmed
- ½ cucumber
- 6 radishes
- ½ cup pumpkin seeds, lightly toasted
- ½ cup sunflower seeds, lightly toasted
- 4 spring onions, white part only
- 12 multi-coloured cherry tomatoes
- 2 baby gem lettuces or 1 large cos lettuce
- 4 sprigs of fresh mint, leaves picked
- 4 sprigs of fresh basil, leaves picked
- Optional extras: feta, avocado, pomegranate arils

## Dressing

- ½ tsp mustard
- ½ tsp maple syrup
- 1 tbsp apple cider vinegar

## How to make

1

Start by chopping your tempeh into triangles. You should be able to cut each block into 16 triangles to create 32 triangles in total. Place the triangles into a shallow dish in one even layer. You will pour your marinade over the tempeh in this dish so it needs to be the snug to hold the tempeh and the marinade.

2

Combine the maple syrup, balsamic vinegar, two teaspoons of olive oil, tamari and crushed garlic in a small bowl. Pour this marinade over the tempeh and allow the tempeh to soak for at least one hour (up to overnight) in the fridge, flipping the tempeh half way through.

**If you plan on storing the salad, leave the dressing off until you are about to eat it. The tempeh can be stored in an airtight container in the fridge for up to 3 days.**



## How to make

3

While the tempeh is marinating, you can prepare your chopped salad.

On a large chopping board, place the carrots, cucumber and radishes and start to roughly chop them up until they are in rough bite-size pieces then sprinkle over the seeds.

Next, add the spring onion, cherry tomatoes, lettuces, mint and basil leaves to the board and gently chop with your knife using a rocking motion.

Once everything is chopped and combined, make the dressing by adding all the ingredients to a jar and shaking it up. Pour over the salad, mix the salad together one last time and then transfer it to a serving bowl (or four bowls if serving up single serves).



## How to make

4

To cook the tempeh, heat a tablespoon of olive oil in a large frypan over medium-high heat.

Once the oil is hot, add the tempeh (reserving the marinade) and cook until golden brown on each side, around 4 minutes on each side.

Then, add the reserved marinade to the frypan with the tempeh and allow to simmer for another 5-7 minutes, or until the sauce has reduced to a glaze, tossing the tempeh a couple of times in the process.

5

To serve, top the chopped salad with the maple balsamic tempeh pieces, season to taste and enjoy.

