

Simple Tempeh Satay 3 servings

with Coconut

Cauliflower Rice



Ingredients

Peanut butter, all natural (look for no added oils/sugar)

LS soy sauce or tamari (GF)

Sesame oil, toasted

Lime juice

Maple syrup

Garlic, granulated

Ginger, granulated

Smoked paprika

Cayenne or crushed red pepper flakes (optional)

Light Coconut milk, and/or water

Tempeh, cut into cubes or triangles

Cauliflower rice

Green onions, cilantro, lime slices, sesame seeds, optional, for garnish

¼ cup

2 Tbsp

1 tsp

1 Tbsp

1 Tbsp

¼ tsp

¼ tsp

½ tsp

¼ tsp or to taste

1 can (about 1 ¾ cup)

1, 8oz package

1, 10oz frozen package

as desired

Method

1. Gather all ingredients and equipment. Shake can of coconut milk well.
2. In a small sauce pan, add half of the can of coconut milk and the remainder of ingredients above (except for tempeh). Mix well and bring to a simmer.
3. Meanwhile cut tempeh into cubes or triangles.
4. Once the sauce comes to temperature, add the tempeh chunks. Add in more water or coconut milk as needed to create desired sauce consistency.
5. Allow to cook in the sauce for about 15 mins.
6. Meanwhile prepare cauliflower rice- reheat from frozen and then drain excess water through a strainer. Place cauliflower into a sauce pan and mix in the remainder of the can of coconut milk. Cook for about 5 mins until heated throughout.
7. Serve tempeh on rice and garnish as desired.