



HERBY ROASTED VEGETABLE PASTA SALAD WITH TEMPEH BACON

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 1050/SERVING



Full of fresh vibrant herbs, crispy tempeh 'bacon' and crispy roasted vegetables, this isn't your typical pasta salad. It's a hearty and nourishing meal with depths and layers of flavours.

WHAT YOU'LL NEED

- 2 baking sheets
- 2 silicone baking mats (optional)
- Large pot
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings 4 servings

Tempeh	4 oz	8 oz
Marinade	1/4 cup	1/2 cup
Broccoli	1 head	2 heads
Bell pepper	1	2
Red onion	1	2
Grape tomatoes	1/2 cup	1 cup
Pasta	200g	400g
Herb vinaigrette	1/2 cup	1 cup
Lemon	1	1



Preheat your oven to 450°F and prep your ingredients: cube the **tempeh** and toss it in the **marinade** and set aside, cut the **broccoli** into florets, dice the **pepper** and **red onion**, halve the **tomatoes**, and halve the **lemon**.



Toss the **broccoli, pepper, red onion, and tomatoes** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season generously with **salt** and **pepper**. Spread on a baking sheet lined with a silicone mat or lightly greased and bake for 25 minutes, mixing once or twice during to ensure even roasting.



Meanwhile, bring a large pot of **water** to boil. Once boiling, add the **pasta** and cook for 8-10 minutes until al dente. Drain and rinse with **cold water** and set aside.



Shake off **excess marinade** from the **tempeh** and spread on another baking sheet lined with a silicone mat or lightly greased. Add to the oven and bake for 20 minutes, tossing halfway through.



Toss the **pasta, vegetables, and tempeh** with the **herb vinaigrette** until thoroughly coated. Taste and season with **salt, pepper, and lemon juice**.

Nutrition Facts		Valeur nutritive	
Per Serving (598 g)			
pour 1 (598 g)			
Calories	1050	% Daily Value*	
Fat / Lipides	41 g	% valeur quotidienne*	55 %
Saturated / saturés	6 g		30 %
+ Trans / trans	0 g		
Carbohydrate / Glucides	141 g		
Fibre / Fibres	15 g		54 %
Sugars / Sucres	16 g		16 %
Protein / Protéines	39 g		
Cholesterol / Cholestérol	0 mg		0 %
Sodium	650 mg		28 %
Potassium	1500 mg		32 %
Calcium	200 mg		15 %
Iron / Fer	6 mg		33 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			