



SESAME GINGER ARUGULA & AVOCADO SALAD WITH BAKED TEMPEH

SERVES 2 OR 4
TIME: 40 MIN
CALORIES: 820/SERVING



A bright and zingy salad packed full of healthy fats, protein, fibre and minerals. From the fresh greens and zucchini, to the savoury baked tempeh, toasted seeds and delicious sesame ginger dressing, this dish will keep you feeling satisfied.

WHAT YOU'LL NEED

- Vegetable peeler
- Small baking dish
- Small pan



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings 4 servings

Tempeh	150 g	300 g
Zucchini	1	2
Green onion	2	4
Arugula	4 cups	8 cups
Avocado	1	2
Seed mix	1/4 cup	1/2 cup
Nori	1 sheet	2 sheets
Dressing	1/2 cup	1 cup



Preheat oven to 375°F. Prep your ingredients: Slice the **tempeh**, shave the **zucchini** into ribbons with the peeler, rip or cut the **nori** into small pieces, thinly slice **green onions**, and dice the **avocado**.



Place **tempeh** in a small baking dish and cover with **half the dressing**. Bake for 25-35 minutes until tender and slightly golden, and the edges are crispy.



Meanwhile, toast the seeds: Heat a dry pan over medium heat and add the **seed mix**. Toast, mixing frequently until slightly golden brown, about 2-3 minutes. Remove from heat immediately.



To assemble the salad, arrange the **arugula**, **zucchini**, **avocado** and **green onions** in a bowl, top with **baked tempeh**, sprinkle **toasted seeds** and **nori** over top, then drizzle with **remaining dressing**.

Nutrition Facts		Valeur nutritive	
Per Serving (424 g) pour 1 (424 g)			
Calories 820		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 66 g			88 %
Saturated / saturés 10 g			55 %
+ Trans / trans 0.1 g			
Carbohydrate / Glucides 38 g			
Fibre / Fibres 17 g			61 %
Sugars / Sucres 15 g			15 %
Protein / Protéines 31 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 920 mg			40 %
Potassium 1400 mg			30 %
Calcium 350 mg			27 %
Iron / Fer 7 mg			39 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			