



# SWEET & SOUR TEMPEH WITH BROCCOLI AND EGGPLANT

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 670/SERVING



Nutty brown rice, tender steamed broccoli, garlic ginger sautéed eggplant and flavourful sweet & sour tempeh. An easy dish and the perfect plant-based switch up from your usual take out.

## WHAT YOU'LL NEED

- Small pot
- Large pan
- Large pot
- Steamer basket (optional)
- Oil
- Salt
- Pepper





## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

### WHAT'S INSIDE

	2 servings	4 servings
Brown rice	1/2 cup	1 cup
Tempeh	100 g	200 g
Broccoli	1/2 head	1 head
Eggplant	1	2
Sweet & sour sauce	1/3 cup	2/3 cup
Seasoning blend	2 tbsp	4 tbsp
Green onions	2	4
Sesame seeds	1/2 tbsp	1 tbsp
Ginger	1 inch	2 inches
Garlic	2 cloves	4 cloves



Make the **rice**: rinse and drain the **rice** then add to a small pot with 1 cup of **water** (2 cups for 4 servings). Bring to a boil, cover, then reduce heat to low and cook for 25-30 minutes, until all water is absorbed. Remove from heat and leave covered for 5 minutes, then fluff with a fork.



Meanwhile, prep your other ingredients: cube the **tempeh**, dice the **eggplant**, cut the **broccoli** into bite-sized pieces, thinly slice the **green onion**, grate the **ginger**, and mince the **garlic**.



Heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium heat. Once hot, add the **eggplant**, **ginger**, and **garlic** and cook until softened and fragrant. Mix in the **seasoning blend**, then remove from pan and set aside.



Meanwhile, bring a large pot of water with a steamer basket to boil. Once boiling, add the **broccoli** and steam until tender then remove from heat.

If you don't have a steamer basket, fill a pan with a layer of water and add the **broccoli**. Cover the pan then bring the water to a boil and cook until broccoli is tender.



Mix 1/4 cup of **water** (1/2 cup for 4 servings) into the **sweet & sour sauce**. Heat the large pan over medium heat. Add the **cubed tempeh** and the **sweet & sour sauce**. Mix to coat and sauté for 5 minutes, until the **sauce** has thickened.



Divide the **rice** between bowls and top with the **eggplant**, **broccoli**, and **tempeh**. Top with the **green onions** and **sesame seeds**.

Nutrition Facts		Valeur nutritive	
Per (782 g)			
Pour 1 (782 g)			
<b>Calories 670</b>		<b>% Daily Value*</b>	
		<b>% valeur quotidienne*</b>	
<b>Fat / Lipides</b> 26 g			35 %
Saturated / saturés 4.5 g			23 %
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 91 g			
Fibre / Fibres 23 g			82 %
Sugars / Sucres 24 g			24 %
<b>Protein / Protéines</b> 31 g			
<b>Cholesterol / Cholestérol</b> 0 mg			0 %
<b>Sodium</b> 1440 mg			63 %
Potassium 2250 mg			48 %
Calcium 350 mg			27 %
Iron / Fer 6.5 mg			36 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			