



TEMPEH BLAT WITH SHOESTRING FRIES

SERVES 2 OR 4

TIME: 35 MIN

CALORIES: 1060/SERVING



This isn't your average BLT. Our version uses seeded whole grain bread, marinated tempeh bacon, vegan mayo, and creamy avocado to elevate this classic sandwich, served with crispy shoestring fries.

WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optional)
- Large pan
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings

4 servings

Tempeh	170 g	340 g
Marinade	3 tbsp	6 tbsp
Avocado	1	2
Tomato	1	2
Romaine heart	1 head	1 head
Multigrain bread	4 slices	8 slices
Yellow potatoes	2-3	4-5
Vegan mayo	1/4 cup	1/2 cup



Preheat your oven to 400°F and prep your ingredients: Thinly slice the **tomato**, break the **romaine** into large slices, cut the **potatoes** into thin fries, and thinly slice or mash the **avocado**. Slice the **tempeh** into strips and cover with the **marinade** and set aside.



Toss the **fries** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season generously with **salt** and **pepper**. Spread out on a baking sheet lined with a silicone baking mat or lightly greased. Bake for 30 minutes until golden and crispy, tossing halfway through.



Meanwhile, heat a large pan over medium heat. Once hot, add the **marinated tempeh** and cook until crispy on both sides.

When the **fries** and **tempeh** are cooked, toast the **bread**.



Build the sandwiches: Smear both pieces of **bread** with **mayo**, then stack **avocado**, **tempeh** **bacon**, **lettuce**, and **tomato**. Season with **salt** and **pepper**. Slice in half and serve with the **shoestring fries**.

Nutrition Facts	
Valeur nutritive	
Per Serving (911 g)	
pour 1 (911 g)	
Calories 1060	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 54 g	72 %
Saturated / saturés 9 g	45 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 130 g	
Fibre / Fibres 36 g	129 %
Sugars / Sucres 19 g	19 %
Protein / Protéines 44 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 1310 mg	57 %
Potassium 3200 mg	68 %
Calcium 300 mg	23 %
Iron / Fer 9.5 mg	53 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	



@crisperkits

crisperkits.ca