



TEMPEH TERIYAKI CAULIFLOWER RICE BOWL

SERVES 2 OR 4
TIME: 30 MIN
CALORIES: 550/SERVING



Our version of a classic dish, this tempeh teriyaki bowl uses cauliflower rice, shredded romaine, carrot ribbons, and sliced cucumber to keep things fresh and light. Mixed together with the super saucy teriyaki tempeh and the spicy chopped kimchi for a flavourful, satisfying meal.

WHAT YOU'LL NEED

- 2 pans

- Oil
- Salt
- Pepper



WHAT'S INSIDE

2 servings 4 servings

Tempeh	170 g	340 g
Teriyaki sauce	1/2 cup	1 cup
Cauliflower rice	3 cups	6 cups
Romaine lettuce	1 head	1 head
Green onions	2	4
Carrot	1	2
Baby cucumbers	2	4
Kimchi	1/4 cup	1/2 cup
Sesame seeds	1/2 tbsp	1 tbsp

Nutrition Facts Valeur nutritive

Per (876 g)
Pour 1 (876 g)

Calories 550	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 33 g	44 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 44 g	
Fibre / Fibres 20 g	71 %
Sugars / Sucres 18 g	18 %
Protein / Protéines 31 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 1970 mg	86 %
Potassium 2150 mg	46 %
Calcium 350 mg	27 %
Iron / Fer 8.5 mg	47 %

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup

OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Prep ingredients: slice the **tempeh** into 1/4 inch strips, shred the **lettuce**, thinly slice **green onions**, peel and shave the **carrot** into ribbons, and thinly slice the **cucumber**.



Heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium-low heat. Once hot, add the **tempeh** and cook until golden brown on both sides. Add in the **teriyaki sauce** and mix to coat the **tempeh**. Sauté for another 10 minutes, until sticky.



Meanwhile, heat 1 tbsp of **oil** (2 tbsp for 4 servings) in another large pan over medium-high heat. Once hot, add the **cauliflower rice** and sauté until tender, about 5-7 minutes.



Divide the **cauliflower rice** between bowls and top with the **lettuce**, **carrot**, **cucumber**, **tempeh**, **green onion**, **kimchi**, and **sesame seeds**.