

Spiced Tempeh Sandwich

So delicious. Try this instead of a veggie burger. Great after a workout or if you are craving a high protein meal.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 2 mins

Cooking time: 20 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Tempeh	1 patty - each 8 oz
Water	1 cup
Garlic, powder	1 teaspoon
Onion powder	1 teaspoon
Ginger, ground	0.5 teaspoon
Paprika	0.5 teaspoon
Turmeric, ground	0.5 teaspoon
Tamari sauce	1 teaspoon
Maple syrup	1 tablespoon
Crushed red pepper	1 x 0.25 tsp
Olive oil	1 teaspoon

Whole grain wide slice gluten free bread, whole grain	4 x 2 slice
Tomato raw (includes cherry, grape, roma)	2 large - 3" diameter
Lettuce, romaine or cos	4 outer (large) leaf
Avocado, green skin	1 each
Dill pickles	4 small - approx 2" long
Onion, white, yellow or red, raw	1 medium - 2 1/2" diameter
Mustard	2 teaspoon
Ketchup	1 tablespoon
Vegenaise, original	1 x 1 tbsp

Instructions

1. Cut tempeh in half and then cut again but this time to reduce the thickness by half. This must be done slowly and carefully so both sides are even thickness, as you will be cutting into an approximately 3/4 inch thickness of the tofu square.
2. Add water to shallow pan. Once water heats add all the spices, tamari and maple syrup and mix for about 2 minutes. Add tempeh and let each side cook for about 10 minutes on medium low heat until liquid is gone.
3. Once liquid is gone add 1 tsp olive oil to pan and cook each side for about 2 -3 minutes until slightly brown (or add a bit of barbeque sauce at the end and cook an additional 2 minutes per side).
4. Toast bread and add toppings and condiments including tomato, onion, dill pickle, avocado, lettuce, mustard, ketchup and a bit of vegenaise.