



Rainbow Tempeh Bowls

3 servings

40 minutes

Ingredients

3/4 cup Brown Rice (dry, uncooked)
3 cups Broccoli (chopped into florets)
1/2 tsp Avocado Oil
9 ozs Tempeh (cubed)
2 tsps Sesame Oil (divided)
1/4 cup Tamari (divided)
2 tbsps Lime Juice (divided)
1 tbsp Maple Syrup
1/4 cup All Natural Peanut Butter
3 Carrot (peeled, shredded)
1 Red Bell Pepper (sliced)
1 tsp Sesame Seeds (optional, for garnish)

Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli and avocado oil and toss to combine. Bake for 15 to 20 minutes. Remove and set aside.
- 3 In a bowl, add the tempeh along with half the sesame oil, half the tamari and half the lime juice. Let it sit for 5 minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about 8 to 10 minutes, flipping halfway through. Remove and set aside.
- 4 In a blender or food processor add the remaining sesame oil, the remaining tamari, the remaining lime juice, maple syrup and peanut butter and blend until smooth and creamy.
- 5 Divide the rice, broccoli, tempeh, carrots and bell pepper evenly between bowls. Drizzle the peanut sauce on top and sprinkle with sesame seeds, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Nut-Free: Use sunflower seed butter instead of peanut butter.

More Flavor: Add minced garlic to the tempeh or the sauce. Add chili flakes for some heat.

Additional Toppings: Roasted peanuts, crushed cashews and/or sesame seeds.