FOR HEALTHIER BALANCE

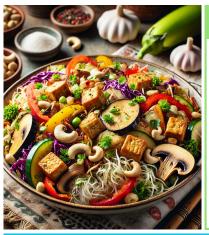
Tempeh Stir Fry

This stir fry is a protein packed vegan recipe inspired by my travels. Tempeh was everywhere and it was here that I learnt how delicious it could be if marinated right!









INGREDIENTS

- 1 large Aubergine
- 200q Mushrooms
- 300q Cabbage
- 2 peppers (colour of your choice)
- 70g cashew nuts
- 3 spring onions
- 4-6 cloves garlic
- 2cm piece of ginger grated or 2 tsp pre-chopped ginger
- 1 tablespoon **vegetable oil**
- 400a **Tempeh**
- 220g Rice Noodles

(or egg noodles if not vegan

Sauce:

1 tablespoon mushroom sauce (or ovster sauce if you do not need vegan option)

Tablespoon soy sauce (reduced salt)

1 teaspoon sesame oil

1 tablespoon cornflour

1 tablespoon water

Marinade:

1 tablespoon sov sauce (reduced salt)

1 tsp sesame oil 1/4 tsp garlic granules

1kcal oil spray

Practical Tip: Use any vegetables you have left over in your fridge for this meal. If using root vegetables cut up in very small pieces so they soften with cooking.



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METHOD

1)Get a bowl and put the ingredients for the marinade- soy sauce, sesame oil and garlic granules into it, mix well.

2) Put the tempeh into the marinade, cover and set to one side- ideally for at least 30 minutes to soak up the flavours.

3)Grab a large pan of water and put it over the heat to gradually bring to the boil, this is for the noodles later on.

4)Pre- heat air fryer or oven to 200°c.

5)Chop all the vegetables for the stir fry-try to cut into small pieces. Chop the white and light green parts of the spring onion and keep the dark green leaves to one side.

6)Grab a large pan or wok and put 1 tablespoon vegetable oil into it, put over a medium-high heat.

7) Put the cabbage into the pan one the oil I hot and cook for about 4-5 minutes.

8) Meanwhile. Put the tempeh into the air fryer, this needs 10 minutes in total. Set a timer for 5 minutes so you can flip them. over halfway through cooking, add any extra marinade at this point.

9)Add the aubergine, peppers and mushrooms to the wok and cook for a further 5-8 minutes until the vegetables start to soften.

10) Add the crushed garlic and grated ginger, light green parts spring onions and stir well.

11) Add the cashew nuts and the sauce ingredients into the pan. Cook for a further 5 minutes.

12) Put the noodles into the boiling water and cook for the time states (usually around 4-5 minutes)

13) Mix the noodles into the vegetables and mix well.

14) Serve with tempeh on top and sprinkle the chopped green leaves to garnish.

NUTRITIONAL INFORMATION PER PORTION (no seeds)

ENERGY: 557KCAL

FATS: 23 g

PROTEIN: 29q

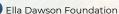
CARBOHYDRATES: 61q OF WHICH SUGAR 9.9q

FIBRE: 16.4a



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