

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!



4 SERVINGS



INGREDIENTS

- 1 large **Aubergine**
- 200g **Mushrooms**
- 300g **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**
- 400g **Tempeh**
- 220g **Rice Noodles**
(or egg noodles if not vegan)

Sauce:

1 tablespoon **mushroom sauce**
(or oyster 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 **soy 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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All our recipes are created by a registered oncology dietitian. These recipes are intended as a source of ideas for meals, drinks, and snacks that could be incorporated into a healthy, balanced diet during and after cancer treatment. However, it is essential to consult with your medical team for personalised advice tailored to your specific treatment pathway.

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2 SERVINGS

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 is 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:** 29g **CARBOHYDRATES:** 61g **OF WHICH SUGAR** 9.9g **FIBRE:** 16.4g

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