

SESAME GINGER TEMPHE STIR FRY

- 1 8oz block tempeh
- 1 cup each orange bell pepper & green beans
- 2 tbsp coconut or other approved oils
- 1 tbsp fresh grated ginger
- 1 tbsp fresh garlic
- 1 tbsp sesame oil
- 1 tbsp apple cider vinegar
- 3 tbsp coconut aminos
- 1-2 dropper fulls of stevia to taste
- sesame seeds, green onion, cauliflower rice for serving (optional)

INSTRUCTIONS

1. Slice tempeh into cubes, about 1/4 inch thick.
2. Heat a pan with 2 tbsp of approved oil add tempeh once hot.
3. Cook tempeh about 6 minutes, flipping occasionally until slightly browned on each side.
4. While cooking, prepare sauce.
5. Whisk ginger, garlic, sesame oil, apple cider vinegar, coconut aminos, and stevia together in a bowl.
6. Add in half the sauce to the pan with the tempeh until coated.
7. Remove tempeh from pan and place in bowl.
8. Add veggies and remaining sauce to pan and cook for about 5 minutes, or until veggies have started to soften. You can stir throughout this time for even cooking.
9. Add tempeh back into pan and cook for an additional 3-5 minutes or until veggies are all cooked through.
10. Serve with cauliflower rice if looking for a different vegetable

