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Tempeh Strips with Almond Sauce and Broccoli

A delicious and healthy vegan recipe featuring tempeh strips served with almond sauce and broccoli. Tempeh is a fermented soybean product that is high in protein and has a nutty flavor. The almond sauce adds a creamy and nutty taste to the dish, while the broccoli provides a fresh and crunchy texture. This recipe is perfect for vegans or anyone looking for a nutritious and flavorful meal.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	tempeh
100 g	almonds
300 g	broccoli

2 tbsp	soy sauce
2 cloves	garlic
1 tsp	Ginger
1 tbsp	maple syrup
2 tbsp	sesame oil
1 tbsp	rice vinegar
1 tbsp	cornstarch
1 c	Water
1 tsp	Salt

Directions

Step 1

Cutting

Cut the tempeh into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, combine soy sauce, minced garlic, grated ginger, maple syrup, sesame oil, rice vinegar, and cornstarch. Stir well to make the almond sauce.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Frying

Heat a non-stick pan over medium heat. Add the tempeh strips and cook for 5 minutes on each side until golden brown.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Steaming

Steam the broccoli for 5 minutes until tender.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Cooking

Pour the almond sauce over the cooked tempeh strips and stir well to coat. Cook for an additional 2 minutes until the sauce thickens.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Serving

Serve the tempeh strips with the almond sauce alongside the steamed broccoli.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	15 mg	100%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding

Cuisines

Italian Chinese Mexican Thai Mediterranean Spanish Vietnamese
American Middle Eastern

Nutritional Content

Low Calorie

Low Fat

Kitchen Tools

Blender

Slow Cooker

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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