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Kung Pao Tempeh ♦

Kung Pao Tempeh is a vegetarian dish inspired by the traditional Chinese Kung Pao Chicken. It features tempeh, a fermented soybean product, stir-fried with a flavorful sauce and vegetables. The dish is known for its spicy and tangy taste, making it a popular choice for those who enjoy bold flavors. Kung Pao Tempeh is often served with steamed rice or noodles.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	tempeh
150 g	Red Bell Pepper
150 g	Green Bell Pepper
100 g	onion

2 cloves	garlic
2 tsp	Ginger
3 tbsp	soy sauce
2 tbsp	rice vinegar
1 tbsp	sesame oil
1 tbsp	cornstarch
2 tbsp	Water
3 pieces	dried red chili peppers
50 g	Roasted Peanuts
2 stalks	Green Onions

Directions

Step 1

Cut

Cut the tempeh into small cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Slice the red and green bell peppers into strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cut

Chop the onion, garlic, and ginger.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a small bowl, mix together soy sauce, rice vinegar, sesame oil, cornstarch, and water to make the sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Frying

Heat some oil in a pan over medium heat. Add the tempeh cubes and cook until golden brown.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Sautéing

Remove the tempeh from the pan and set aside. In the same pan, add more oil if needed and sauté the onion, garlic, ginger, and dried red chili peppers until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 7

Stir-frying

Add the bell peppers and stir-fry for a few minutes until they start to soften.

Prep Time: 5 mins

Cook Time: 3 mins

Step 8

Cooking

Return the tempeh to the pan and pour in the sauce. Cook for a few more minutes until the sauce thickens and coats the ingredients.

Prep Time: 5 mins

Cook Time: 2 mins

Step 9

Stirring

Stir in the roasted peanuts and green onions. Cook for another minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 10

Serving

Serve hot with steamed rice or noodles.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	6 g	15.79%	24%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
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	80 mg	88.89%	106.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Chinese

Mexican

Japanese

Mediterranean

Spanish

American

Middle Eastern

Cultural

Chinese New Year

Oktoberfest

Course

Salads

Snacks

Nutritional Content

High Vitamin C

High Iron

High Calcium

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Kitchen Tools

Blender

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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