

Grilled Tempeh with Chimichurri



Sirve:

4 servings

Pieza:

3 Qt./2.8 L Sauce Pan with Cover

2.5 Qt. (1.49L) Culinary Basket

Smokeless Broiler

small mixing bowl

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Tempeh is a versatile and traditional Indonesian food made with fermented soybeans. Tempeh is high in protein and low in fat with a firm texture that grills well. Vapor cooking the tempeh prior to marinating helps the flavors to be absorbed into the tempeh.

Saladmaster seasoning blends are *limited edition*.

16 ounces
tempeh, organic preferred, cut in half and each half cut in 2 pieces
(454
g)
2 tablespoons
lemon juice
(30
ml)
1 tablespoon
Sweet Chili Citrus seasoning blend
(9
g)
1 tablespoon
olive oil
(15

ml)
1 tablespoon
coconut aminos
(15
ml)

Chimichurri

$\frac{1}{2}$
bunch fresh parsley
leaves
 $\frac{1}{2}$
bunch fresh cilantro
leaves
3
2
cloves garlic, peeled tablespoons red wine (30 ml) 2
vinegar 1
tablespoons olive oil (30 ml) $\frac{1}{2}$
tablespoon
fresh oregano leaves (4 g) or 1 teaspoon dried (2 g)
oregano
teaspoon sea salt (3 g) $\frac{1}{2}$
cup red onions, minced (80 g) 1
dash or two Siracha
(optional)

Preparación :

1. Place tempeh pieces in culinary basket in a single layer.
2. Place 2 cups water in bottom of sauce pan. Attach handles to culinary basket and place basket with tempeh in sauce pan. Cover basket and turn heat to medium.
3. When Vapo-Valve™ starts to click steadily, reduce heat to low and cook for 10 minutes.
4. While tempeh is vapor cooking, mix together lemon juice, seasoning blend, olive oil and coconut aminos in a small bowl.
5. When tempeh is done vapor cooking, carefully remove tempeh with tongs and place in a shallow bowl. Pour marinade over tempeh, making sure the tempeh is evenly coated. Set aside to marinate while preparing chimichurri, turning tempeh a few times while marinating.
6. Place parsley, cilantro and garlic in the bowl of an electric food processor fitted with an S blade. Process until finely chopped.
7. With motor running, add red wine vinegar, olive oil, oregano and salt. Blend until well combined.
8. Add red onions and pulse a few times until combined. Taste and add Siracha sauce, if desired. Transfer chimichurri from food processor to a small bowl and set aside.
9. Pour 1 quart water into bottom of broiler pan or until it reaches the marks stamped inside. Place grill rack onto broiler pan.
10. Plug in cord to electrical outlet and preheat for about 5 minutes.
11. Remove tempeh from marinade and shake off excess. Place tempeh on grill rack and cook for 8 - 12 minutes on each side until charred in spots. Brush extra marinade on tempeh while grilling.
12. Serve warm grilled tempeh with chimichurris sauce.

Consejos:

- Serve with steamed basmati rice or long grain brown rice.
- Serve with grilled vegetables.

Información nutricional por ración

Grilled Tempeh
Calorías: 254
Grasa Total: 16g
Grasa 3g
Saturada:
Colesterol: 0mg
Sodio: 235mg

Carbohidratos:	12g
Fibra	0g
Dietética:	
Azúcar:	1g
Proteína:	21g

Chimichurri

Calorías: 85

Grasa: 7g

Grasa 1g

Saturada:

Colesterol: 0mg

Sodio: 270mg

Carbohidrato: 5g

Fibra: 2g

Azúcar: 0g

Proteína: 1g