

Rainbow Tempeh Bowls

3 SERVINGS 40 MINUTES



INGREDIENTS

3/4 cup Brown Rice (dry, uncooked)
3 cups Broccoli (chopped into florets)
1/2 tsp Avocado Oil
9 ozs Tempeh (cubed)
2 tsps Sesame Oil (divided)
1/4 cup Tamari (divided)
2 tsps Lime Juice (divided)
1 tbsp Maple Syrup
1/4 cup All Natural Peanut Butter
3 Carrot (peeled, shredded)
1 Red Bell Pepper (sliced)
1 tsp Sesame Seeds (optional, for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	601	Carbs	68g
Fat	27g	Protein	32g

DIRECTIONS

- 01 Cook the brown rice according to the directions on the package.
- 02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli and avocado oil and toss to combine. Bake for 15 to 20 minutes. Remove and set aside.
- 03 In a bowl, add the tempeh along with half the sesame oil, half the tamari and half the lime juice. Let it sit for 5 minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about 8 to 10 minutes, flipping halfway through. Remove and set aside.
- 04 In a blender or food processor add the remaining sesame oil, the remaining tamari, the remaining lime juice, maple syrup and peanut butter and blend until smooth and creamy.
- 05 Divide the rice, broccoli, tempeh, carrots and bell pepper evenly between bowls. Drizzle the peanut sauce on top and sprinkle with sesame seeds, if using. Enjoy!