

Vegan Tempeh Salad

SERVES 4

Ingredients

- 6 ounces (170g) brown rice noodles
- 2 whole carrots, “ribboned” with a vegetable peeler or spiraliser
- 2 green onions, finely chopped
- 1/4 cup (15g) chopped cilantro (coriander)
- 2-3 tablespoons (6g) chopped mint
- 1 cup (30g) loosely packed spinach, chopped
- 1 cup (75g) thinly sliced red cabbage
- 1 red bell pepper, thinly sliced
- Optional: 1 batch marinated peanut tempeh

Nutrition Information Per Serving

Energy	441kcal
Carbohydrate	43.3g
Protein	21.1g
Total fat	23.7g
Saturated fat	4.7g
Cholesterol	0mg
Dietary fibre	4.8g
Sodium	887mg
Carbohydrate exchange	~3 exchanges

Dressing

- 1/3 cup + 1 tablespoon (100g) salted creamy peanut butter, almond butter, or sunflower seed butter
- 3 tablespoons (45ml) soy sauce
- 3 tablespoons (45ml) maple syrup
- 1 teaspoon chili garlic sauce, 1 red chilli minced, or 1/4 teaspoon red pepper flakes
- 1 lime, juiced (~3 tablespoons or 45ml)
- Water to thin (~1/4 cup or 60ml)

Method of preparation

1. Cook rice noodles according to package instructions, rinse, drain, and set aside to cool.
2. To a large serving bowl, add cooked and cooled noodles, carrots, green onions, cilantro, mint, spinach, cabbage, and red bell pepper and toss loosely to combine. Set aside.
3. Make dressing by adding peanut butter, soya sauce, maple syrup, chilli sauce (or chilli or red pepper), and lime juice to a small mixing bowl and whisking to combine. Then add warm water a little at a time until a thick but pourable sauce is achieved.
4. Taste and adjust seasonings as needed, adding more maple syrup for sweetness, chilli sauce (chilli or red pepper) for heat, lime juice for acidity, or tamari for saltiness. Set aside.
5. Add half the tempeh (optional) and half the sauce to the salad and toss. Then top with remaining tempeh and sauce. Serve immediately. Leftovers store well in the refrigerator for up to 4 to 5 days, though best when fresh. If making this dish ahead of time, it is better to leave the salad undressed and store the tempeh separately.