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TERIYAKI TEMPEH WITH RICE AND BROCCOLI (VE)

A plant-based recipe with a taste of The Orient.

Serves 1

Per serving: 423 calories, 3% fat

Prep time: 5 mins

Cook time: 25 mins

INGREDIENTS

70g tempeh
50g (dry weight) basmati rice
1 vegetable stock cube
90g broccoli florets
¼ tsp flaxseeds
1½ tbsp teriyaki sauce
¼ tsp mixed sesame seeds
Rapeseed oil spray

METHOD

1. Cut the tempeh into small chunks and steam for 6-8 minutes with the broccoli florets.
2. In the meantime, bring a pan of water to the boil with the vegetable stock cube. Add the rice.
3. Remove the tempeh and broccoli from the steamer and transfer the broccoli to a bowl and keep warm.
4. Heat a small frying pan and spray with rapeseed oil. Add the steamed tempeh chunks and gently stir-fry for 5 minutes.
5. Add the teriyaki sauce and flaxseeds to the tempeh, with 1 tablespoon of water. Reduce the heat and cook for a further 2-3 minutes stirring gently then add the broccoli and cook for a further 2 minutes.
6. Drain the rice and transfer to a warmed bowl.
7. Top the rice with the teriyaki tempeh and broccoli.
8. Garnish with the sesame seeds and serve immediately.



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