

Spicy Tempeh and Veggie Stir-Fry

A vibrant and spicy stir-fry featuring tempeh, crisp broccoli, and bell peppers, perfect for a quick and nutritious meal packed with flavor and protein.


15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- Tempeh: 3 oz (85 g), cubed
- Broccoli: 1/2 small head (~75 g), chopped
- Bell pepper: 1/2, sliced
- Soy sauce (or tamari): 1 tbsp (15 ml)
- Olive oil: 1/2 tbsp (7.5 ml)
- Garlic: 1 clove, minced
- Ginger: 1/2 tsp (2.5 g), grated
- Red chili flakes: 1/4 tsp (optional)
- Sesame seeds: 1 tsp (for garnish)

Steps

- 1 Heat olive oil in a skillet over medium heat.
- 2 Add tempeh cubes; cook for about 3 minutes until golden.
- 3 Incorporate garlic and ginger; stir for 1 minute until fragrant.
- 4 Add chopped broccoli and sliced bell pepper; stir-fry for 4-5 minutes until veggies are tender-crisp.
- 5 Drizzle in soy sauce, and sprinkle with red chili flakes (if using). Stir to combine evenly.
- 6 Remove from heat and garnish with sesame seeds before serving.