Teriyaki Tempeh

*This is by far the best **Teriyaki Tempeh** recipe! Tempeh makes a delicious protein addition to any meal. Think you don't like tempeh? Try this recipe before you give up on it!*

★★★★★
4.72 from 49 votes

Course	Main Course
Cuisine	American, Japanese
Keyword	tempeh recipe, teriyaki tempeh, vegan tempeh tacos
Prep Time	20 minutes
Cook Time	20 minutes
Total Time	40 minutes
Servings	4
Calories	211kcal
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Ingredients

- 1 8 oz package organic tempeh
- 1 TB extra virgin olive oil or avocado oil

Tempeh Marinade

- 3 TB veggie broth
- 1 TB tamari can sub soy sauce
- ½ tsp garlic powder
- ¼ tsp onion powder

Teriyaki Sauce

- 4 TB tamari can sub soy sauce
- 1 tsp sesame oil or olive oil
- 2 TB maple syrup
- 1 tsp sriracha or hot sauce of choice
- 1 tsp rice wine or apple cider vinegar
- ½ tsp garlic powder
- ½ tsp corn starch
- ¼ tsp liquid smoke optional but tasty

Toppings

- Sesame seeds
- Scallions

Instructions

1. Cut tempeh into triangles or squares and steam in a steamer basket for 10 minutes. (see notes)
2. Add all ingredients for marinade into bowl and whisk together.
3. Place tempeh into dish and pour marinade over. Marinate for at least 20 mins.

4. Place oil in a pan and sear the tempeh 3-5 minutes on each side until crispy.
5. Mix teriyaki sauce ingredients in large bowl.
6. Once tempeh is cooked, add tempeh to teriyaki sauce to cover the tempeh.
7. Take tempeh out of the sauce (leaving the extra sauce in the bowl) and add back to pan.
8. Heat tempeh again for about 30 seconds on each side to caramelize the sauce on the tempeh.
9. Turn off heat and pour the remaining sauce over the tempeh in the pan. Leave for about a minute for the rest of the sauce to thicken a bit.
10. Serve and top with sesame seed and scallions (optional).

Notes

Steaming takes out the bitterness of the tempeh which most people do not enjoy.

Substitutions:

- soy sauce for tamari if you don't need it to be gluten-free
- a smaller amount of agave or sugar for the maple syrup
- arrowroot powder for the cornstarch

Leftovers will last 4 days in the fridge and can be frozen for up to 3 months.

Nutrition

Calories: 211kcal | Carbohydrates: 14g | Protein: 14g | Fat: 11g | Fiber: 2g | Calcium: 70mg | Iron: 4.9mg

https://www.vnutritionandwellness.com/Teriyaki Tempeh https://www.vnutritionandwellness.com/teriyaki-tempeh/