



Tempeh and Papaya Satay Skewers

Coral whipped this up before our Sunday family movie night and the meal was the highlight. Tempeh is a fermented soya bean cake. It's becoming more readily available fresh and frozen. It's high in protein and contains healthy bacteria (from the fermentation) and is a great alternative to animal meat. The recipe is taken from the cook book "Green Kitchen Travels" - Healthy vegetarian food inspired by the adventures of David Frenkiel and Luise Vindahl.

Serves: 2, Prep time: 00:30, Cook time: 00:15

Instructions

Make the sauce first by combining all the first ingredients (Peanut butter to ground cumin) in a small saucepan and cook over a low heat, stirring until it all combines. Then tip into a small bowl, leave to cool, then chill.

Cut the tempeh into thick slices. Stir together the soy sauce, maple syrup and grated ginger into a bowl. Put the tempeh in the marinade, turn to over and coat it leaving it in the marinade for around 10min.

Peel the Papaya, take out the seeds and cut into blocks the same size as the tempeh. Thread the papaya and marinated tempeh onto skewers (soaked first if wooden) alternately.

Ingredients

- 4 tablespoon Peanut butter, or almond butter
- 120 milliliters Coconut Milk, Full fat (4 oz (U.S.))
- 30 milliliters Juice of a lime (1 oz (U.S.))
- 0.5 teaspoon Ground coriander
- 0.5 teaspoon Ground cumin
- 225 grams Tempeh GMO free (8 oz)
- 2 tablespoon Soy sauce, GMO free
- 2 tablespoon Maple syrup
- 1 teaspoon Grated fresh ginger
- 0.5 pinch or to taste Papaya (small)
- 6 pinch or to taste Lettuce, Leaves
- 1 cups Mint leaves (roughly chopped)
- 1 cups Coriander (cilantro) leaves (roughly chopped)
- 6 pinch or to taste Lime wedges

Heat a non-stick frypan and fry the skewers on each side for a few minutes, or cook on a BBQ for 3-5min, turn as needed, until nicely browned on each side without burning.

Brush the skewers with the remaining marinade while they are being grilled.

Serve with a chilled sauce, some lettuce leaves, fresh mint, coriander, and some lime wedges to squeeze over.

We served them on a bed of brown and black rice.

