

Tempeh Tacos with Purple Cabbage Slaw

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 packages (ea. 250g) plain tempeh
- 2 tbsp extra-virgin olive oil
- 3 tbsp your favourite chili powder*
- 1 tbsp garlic powder or 2 garlic cloves minced
- 1/2 tsp ground cayenne
- 4 tbsp gluten-free tamari or coconut aminos
- 3 tbsp sesame oil
- 8 Silver Hills Bakery Sprouted Tortillas
- 1 large red pepper, thinly sliced
- Handful chopped fresh herbs (ie. cilantro, mint, basil)
- 2 fresh limes
- Optional garnish: Hot sauce
- 1-2 avocados, sliced for topping

Instructions:

1. Place tempeh into a food processor and blitz till crumbly or crumble it with your hands.
2. In a large fry pan, heat olive oil to medium. Add crumbled tempeh. Saute for a few minutes and add chili powder, garlic and cayenne.
3. Next add tamari sauce. Saute for a few more minutes until heated through.
4. Just before removing from heat, add sesame oil. Set aside. Now it's time to assemble your tacos!
5. Place tortilla on a flat surface. Add some tempeh, then top with Purple Cabbage Carrot Salad, next add some sliced red peppers, chopped fresh herbs, squirt of fresh lime, avocado slices and finally some hot sauce if you like an extra kick of heat!
6. Keep tempeh taco mixture refrigerated for up to 5 days if you don't eat it right away.

Notes:

*Don't have chili powder? Then mix cumin, coriander, oregano and allspice together. If using all spice, use a very small amount about 1/8 of a tsp.