



Tempeh Tikka

Enjoy this vegetarian version of Chicken Tikka.

If you like a strong Tandoori flavour begin earlier in the day for a longer marinating time. Alternatively, you can begin it later in the afternoon for a timely evening meal. this is a quick delightfully tasty and low-fat dinner.

Ingredients:

1 cup plain yogurt
3 TBL lemon juice
2 TBL Monsoon Tandoori
1 LB Tempeh cut into 1" cubes
3 TBL olive oil
2 large onions chopped small
1 TBL minced garlic
3 TBL tomato paste
3 cups chopped fresh Roma tomatoes
Salt to taste
1 cup mixed chopped cilantro & parsley

Instructions:

1 - Mix the yogurt, lemon and Monsoon Tandoori in a bowl, add the tempeh and marinate overnight (or for at least six hours in the refrigerator).
2 - In a pot over medium heat, add olive oil.
3 - Add the onions and sauté until translucent, about 5 minutes.
4 - Add the garlic and ginger. Cook for 1 minute.
5 - Add the chopped tomatoes and tomato paste and cook for 5 minutes. Add salt to taste.
6 - When the tomatoes start to break down stir in the tempeh and marinade, reduce heat and cook until it bubbles gently.
7 - Lower heat, cover and simmer for 30 minutes. Adjust seasoning.
8 - Garnish with herbs and serve with rice and vegetables.

Spices Used: Monsoon Tandoori

4 Servings