Toasted Sesame and Tempeh Vegetarian Stir Fry

This dish is just SO easy to throw together, yet it has a delightful flavor. The secret is in letting your broccoli get a little browned which really works with the toasted sesame oil flavor. But let's not get ahead of ourselves...

The two main ingredients in this dish are one package (6 ounces) tempeh and 4 cups of broccoli -- which is equal to about 2 heads (or two stalks with their florets).

You'll want to clean your broccoli before using it. So here's how to throw this dish together in a few minutes.

I recommend steaming your tempeh in a small pot with about 1 cup of veggie broth for added flavor. After you steam your tempeh, cube it. A "cube" cut is larger than a "dice" cut (which is, crazily enough, about the size of dice. :)

Next, cut your broccoli up into bite-sized pieces. Place a large frying pan over medium-high heat. Heat 1/4 cup veggie broth (or a swipe of olive oil), add cubed tempeh and cook for a few minutes until tempeh starts to brown.

Add more veggie broth (or water) as needed, a little at a time, until the job is done.

Next, add broccoli, cover, and heat until bright green and juuuuust tender (5-7 minutes). Be sure the broccoli gets a little browned on the underside which should happen fairly quickly in the medium-high heat of the pan. Browning the broccoli brings out a lot of flavor.

Clear a space in the center of the pan and add the ingredients below.

As always, there are no measurements here. Just remember you can adjust the flavors as you go along. So start slowly until you get the hang of how much each ingredient brings to the proverbial table.

- Non-dairy butter (I like organic Earth Balance)
- Natural peanut butter
- Organic Tamari (healthy soy sauce)
- Toasted sesame oil
- Lemon juice
- Pure maple syrup
- Sea salt

Stir the mixture together, taste. Adjust ingredients as desired. Plate.

I sprinkled mine with coarsely ground almonds to add a nice texture and nutrition boost, but this is optional, of course.