

Baked tofu in tomato sauce



For 2 servings:

300 g tofu, drained well and cut into pieces

1 tablespoon tomato paste or 2-3 tablespoons tomato passata

For the marinade:

1 teaspoon dried oregano

1 teaspoon dried thyme

1 teaspoon dried basil

1 teaspoon paprika powder

chili powder or dried chili flakes, to taste (optional)

salt and pepper, to taste

4-5 cloves garlic, mashed (or to taste)

2-3 tablespoons olive oil

Mix the spices (oregano, thyme, bususioc, paprika, salt and pepper) or you can use 2-3 tablespoons of seasoning for grill.

Mix all the ingredients for the marinade with 2 tablespoons of olive oil. Add the tofu and mix well until all the tofu pieces are coated with spices. Let it marinate in the fridge

for a few hours or it can be prepared the day before and left overnight to marinate.

Heat a tablespoon of olive oil in a pan, add the pieces of tofu and fry for few minutes, at medium heat, until golden-brown. Add the tomato paste dissolved in a little bit of water (or the tomato passata), stir fry for few minutes .

Serve with polenta or mashed potatoes, rice, cous cous, etc.

Variation: Instead of tofu you can use tempeh or seitan.

Vegetables-tempeh souflaki



For 4-6 servings:

300 g tempeh (can be replaced with tofu)

2 bell peppers

1 zucchini

2-3 onions

10 tiny tomatoes

a few cloves of garlic (optional)

For the marinade:

3-4 tablespoons olive oil

juice of one lemon

2 tablespoons oregano
2 tablespoons thyme
salt and pepper, to taste

Prepare a marinade mixing the lemon juice, oil and spices. Cut the tempeh (or tofu) and the vegetables into medium pieces and mix them with the marinade. Let it marinate in the fridge for at least 2 hours.

Soak the wooden skewers in water for about 15-20 minutes.

Thread the tempeh and the vegetables on skewers and grill for a few minutes on each side.

Serve with different side dishes and / or salad.

Variation: you can also use other vegetables like mushrooms, eggplant, etc.

Brussels sprouts and tempeh in tomato sauce



For 2-3 servings:
500 g Brussels sprouts, trimmed
350 g tempeh (or tofu), cubed

2 onions, finely sliced

2 teaspoons dill (dried or fresh), finely chopped

2 tablespoons tomato paste

salt and pepper, to taste

4 tablespoons olive oil

Fry the tempeh (tofu) in 3 tablespoons of oil until golden brown.

Heat 1 tablespoon of oil in a saucepan and add the onions. Stir fry for 2-3 minutes, add the Brussels sprouts and 2 tablespoons of water.

Cover and simmer, stirring regularly. When the water has evaporated add again 1-2 tablespoons of water.

When the Brussels sprouts are tender (6-7 minutes) add the tomato paste diluted in very little water, dill, salt and pepper to taste. Cook for another 3-4 minutes.

At the end add the tempeh and mix.

Serve with salad or pickles.

For weight loss bake the tempeh (tofu) in the oven without using oil.

Peasant's warm buffet

The plateau includes:

Tofu slices and tempeh pieces, marinated and fried. Instead of tempeh you can use seitan.

For the marinade:

2 tablespoons soy sauce

1 tablespoon olive oil

2 tablespoons grill spices
4-5 cloves garlic, mashed
1 teaspoon rosemary
chili pepper flakes, to taste
pepper and salt, to taste

Mix all ingredients. Pour over the tofu and tempeh, mix well and leave to marinate for several hours (or overnight). Fry in a little oil or bake in the oven.



2. seitan sausages (see recipe [here](#))
3. polenta (see recipe [here](#))
4. pickles
5. tomato, cucumber, onion, olives, chili etc.



Sticky 5 spices tempeh



For 4 servings:

350 g tempeh

4-5 tablespoons soy sauce

3 tablespoons Chinese 5 spices

4-5 tablespoons sweet chili sauce

3-4 tablespoons sesame seeds

4-5 tablespoons oil, for frying

Mix the soy sauce and spices.

Cut the tempeh into slices approx. 1-1.5 cm thick. Pour the mix over tempeh, spread evenly and leave to marinate, in the fridge, for a few hours.

Heat the oil in a pan and add the tempeh. Fry on both sides until brown. Pour the sweet chili sauce and add the sesame seeds, stir to evenly cover the tempeh.



Sticky 5 spices tempeh

Tip: Serve with rice noodles salad.



Sticky 5 spices tempeh

Note: for weight loss bake the tempeh in oven, without oil.

Tempeh with polenta



Tempeh with polenta

For 4 servings:

300 g tempeh, cubed

7-8 cloves of garlic, mashed

6 tablespoons soy sauce

chilli flakes (optional)

3-4 tablespoons oil, for frying

Mix the garlic with soy sauce and chilli flakes. Pour over the tempeh and mix well. Allow 2-3 hours to marinate.

Heat the oil in a pan and fry until golden-brown.

Serve hot with [polenta](#) and/or pickels.

Breaded tempeh



Breaded tempeh

For 4 servings:

300 g tempeh, sliced

5-6 tablespoons breadcrumbs

oil for frying

For the marinade:

3-4 teaspoons mustard

3-4 tablespoons water

1 teaspoon thyme

pepper, to taste

Mix all ingredients for the marinade and pour over the tempeh. Allow to marinate for at least 2 hours.

Roll each piece of tempeh in the breadcrumbs until evenly coated and fry in hot oil on each side until golden brown.

Serve with various side dishes and/or salads/pickles.

Tempeh teriyaki



Tempeh teriyaki

For 12-15 pieces:

300 g tempeh, cubbed
6-7 tablespoons teriyaki sauce
sesame seeds (optional)
skewers

Marinate the tempeh in the teriyaki sauce for at least 2-3 hours.

Soak the skewers in water for 15-20 minutes.

Thread the tempeh on skewers and grill for a few minutes on each side.

Sprinkle sesame seeds on top.

Serve with Asian side dishes and salads like: noodles, rice etc..

Grilled tempeh with parsley potatoes



Grilled tempeh with parsley potatoes

Per serving:

100 g tempeh, sliced □□approx. 0.5 cm thick

For the marinade:

2 teaspoons soy sauce
1-2 cloves of garlic, mashed
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1 teaspoon olive oil
pepper, to taste

Mix all ingredients. Pour over the tempeh and let it marinate in the refrigerator for at least 2-3 hours.

Heat the grill and grill the tempeh for a few minutes on each side.

For the potatoes:

150-200 g potatoes, peeled and cubed
parsley, finely cut

1 teaspoon olive oil
salt and pepper, to taste

Cook the potatoes in water with a pinch salt. Drain and mix carefully with the other ingredients.

Tempeh pangang



Tempeh pangang

For 3-4 servings:

300 g tempeh

300 ml water

1 onion, diced

4 garlic cloves, diced

2 cm ginger,grated / 2 teaspoons ginger powder

6 tblsp soy sauce

1 tsp chilli flakes

2 tblsp raw sugar

1 $\frac{1}{2}$ tblsp rice vinegar

4 tblsp tomato paste

2 tblsp flour

1 tblsp oil

Prepare a marinade of soy sauce, garlic and ginger. Cut the tempeh into thin strips, mix them with the marinade and refrigerate for at least an hour.

Fry the onion in oil for 2-3 minutes. Add the water, hot pepper flakes, sugar and the vinegar. Allow to boil for a few minutes then add the tomato paste and the flour, stirring continuously to prevent lumps forming. Add the tempeh with the marinade and continue boiling for a few minutes until the sauce thickens.

Serve on a bed of sweet-sour pickled cabbage (atjar) with boiled rice or [nasi](#).

Note: Pangang is an Indonesian/Maleasian dish.