



tempeh sandwich



sugar-free



nut-free



oil-free



2 bagels



8h10 min (10 min prep + 8h wait)

Ingredients:

BBQ tempeh:

8 tempeh slices

6 g (2 tsp) smoked paprika powder

3 g (1 tsp) onion powder

3 g (1 tsp) sweet paprika powder

1,5 g (½ tsp) hot paprika powder

30 g (2 Tbsp) soy sauce

3 Tbsp water

4 slices of wholegrain bread

100 g hummus

handful baby spinach

8 tomato slices

8 cucumber slices

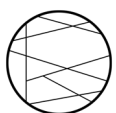
handful alfalfa sprouts

Intructions:

1. Start with preparing the marinade for tempeh. Mix all spices and water in a bowl and soak tempeh in it. Set aside for 1-8 h.
2. Place the tempeh with the marinade on the pan and heat up. Cook until the liquid evaporates turning tempeh, so it cooks on both sides.
3. Spread hummus on bread slices.
4. Assemble sandwiches using spinach, tomatoes, cucumber, sprouts, and tempeh and enjoy!


Notes & tips:

1. You can skip the marinating time if you have to. Just mix tempeh with all the spices and move straight to the pan.c



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