

Fajita Spiced Tempeh and Vegetables



1 ½ HRS

4 to 6 Servings

Intermediate

Ingredients

- 2 pkgs tempeh, cut into ½ inch strips, crosswise
- 2 quarts of organic sunflower oil for deep-frying or a small amount of oil to cook in an air fryer
- Simmer Sauce - recipe follows
- Fajita Marinade - recipe follows
- 2 tablespoons olive oil
- 1 large onion, sliced half moon
- 1 bell pepper, any color, slice into ¼" wide strips
- Sea Salt or Himalayan Salt to taste
- 3 tablespoons roughly chopped fresh cilantro or parsley leaves for garnish

Tempeh Simmer Sauce

Two options for the simmer sauce

Coconut Amino Simmer Sauce

- 1 cup coconut aminos
- 3 cups water

Tamari Simmer Sauce

- 1 cup shoyu/tamari
- 1 cup balsamic vinegar
- ½ cup sweetener of your choice: either maple syrup, agave, honey, or coconut nectar
- 2 cups water

Instructions

Deep-fry Method

- Heat 2 quarts of organic sunflower oil in a deep fryer to 350°.
- Deep fry the tempeh, turning once or twice, till golden brown.
- Remove from oil with a spider strainer or tongs.
- Drain on a wire rack placed over a cookie sheet.

Air Fryer Method

- In batches, brush or spray the tempeh lightly with olive oil.
- Place in the air fryer in a single layer and cook for 10 to 15 minutes at 375°.
- The tempeh should be golden brown on all sides.

Season the tempeh

- Put fried tempeh into a sauté pan – a single layer is best and add the tempeh simmer sauce.
- Simmer for about 30 minutes up to an hour, turning the tempeh once or twice while simmering.
- Freeze any extra liquid for later use.

Cook the tempeh with the fajita sauce

- Once the tempeh has been fried and simmered, put it in a pan with enough of the marinade to cover. Set the remaining marinade aside to add later.
- Simmer the tempeh, turning gently and occasionally, until most of the marinade has been reduced. Be careful when stirring the tempeh as it can fall apart a bit.

Sauté the vegetables

- Put a few tablespoons of olive oil into a 12" skillet, add the onion and a little salt.
- Cook until the onions are rich, creamy, and translucent - about 10 minutes or so.
- Add a little water to prevent burning if needed and stir every so often.
- Next, add the peppers and the rest of the fajita marinade.
- Cook until tender.

Finish the dish

- Add the tempeh to the onion and peppers, being careful when you stir so the tempeh doesn't break up.
- Simmer for another 10 minutes or so.
- Taste and adjust seasoning as needed.