



Spicy TBQ Tempeh

Ingredients

- 480 g tempeh (2 square patties)
2 tbsp oil
2 tbsp TBQ All Purpose Seasoning
 and/or
 TBQ Rib, Chicken & Butt Rub - for smokey, sweet
 and/or
 TBQ Steak and Chop - for robust flavour
 (all Vegan)
1/4 cup chopped scallions



Serve with

- TBQ Zesty Sauce
and/or
TBQ Honey Sauce

Directions

1. Cut tempeh into 1" cubes or 1/4" slices.
2. Place tempeh pieces in a shallow dish. Drizzle with oil and toss to coat.
3. Sprinkle all sides with TBQ All Purpose Seasoning and/or smokey TBQ Rib Chicken & But Rub and/or TBQ Steak and Chop. Toss to coat.
4. Allow seasoned tempeh to absorb flavours for 15 minutes - 2 hours (depending on how much time you have).
5. Heat oil in a skillet on med-high, sauté tempeh until golden crust appears on each side.
6. Add scallions to skillet 1 minute before finished.
7. Serve with TBQ Zesty Sauce and/or TBQ Honey Sauce drizzled over all or as dips.