

Vegan Smoky Tempeh Steak with Broccolini



Source: Better Vegan Category: Vegan Entrees & Sides
Prep Time: 15 min Marinating Time: 2-3 days Cook time: 55 min
Total Time (excluding marinating): 1 hour 10 min

Serves 4

Vegan / Gluten Free / Refined Sugar Free

Ingredients:

1 large bay leaf
1/4 cup + 1/3 cup low-sodium gluten-free tamari, divided
16 ounces tempeh (2 standard packages)
3 Tbsp. raw coconut nectar (or maple syrup)
1 Tbsp. raw apple cider vinegar
1 Tbsp. fresh lemon juice
1 1/2 - 2 pounds broccolini, with the last few inches of tough ends trimmed off
1 Tbsp. avocado oil
Pink Himalayan sea salt, to taste
Freshly ground black pepper, to taste
Micro greens, for garnish

Instructions:

1. Prepare the ingredients.
2. Bring 6 cups of water, the bay leaf, and 1/4 cup tamari to a boil in a large pot. Reduce the heat, add the tempeh, and simmer for 45 minutes.
3. Meanwhile, in a large mixing bowl, mix together the remaining 1/3 cup tamari, coconut nectar, raw apple cider vinegar and lemon juice.
4. Cut the tempeh onto four equal-sized pieces, and place in the mixing bowl to marinate in the liquid for 2-3 days*. Be sure to flip over occasionally, and spoon some of the marinade over the top.
5. Add avocado oil to a skillet over medium heat (making sure the oil doesn't smoke), and cook the tempeh for about 3-4 minutes on each side, until it becomes well browned and a bit charred. Place on a plate, tent with foil and let rest.
6. Meanwhile, place the broccolini in a steamer over boiling water, season with salt and cook for 5 minutes or until tender. Do not overcook; otherwise, it will become limp. Remove from the steamer and keep warm.

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Recipe Link:

<https://www.betterveganrecipes.com/smoky-tempeh-steak>

7. While the tempeh is resting, pour the remaining marinade into now empty skillet and simmer over the low heat until the sauce thickens a bit and becomes bubbly, 1-3 minutes. Do not reduce the sauce too much; otherwise it will become too concentrated and intense.

8. Divide the broccolini among 4 plates. Make sure the stalks are arranged in a flat row. Season to taste with salt and black pepper, if desired. Lay the tempeh over the broccolini, sprinkle with sauce, garnish with micro greens and serve immediately.

Notes:

* You can marinate the tempeh for a shorter period of time (minimum 45 minutes), however to achieve the best results give it 2-3 days. Longer marinating period infuses more flavor into the tempeh and also changes its texture. During our testing we established that 3 days of marinating produced the best results.

The sauce will thicken as it stands for a few minutes, so, if it becomes too thick, just add a little bit of water at a time until the desired consistency is achieved.

Equipment needed:

Vegetable Steamer

Serving suggestion:

Best served on its own.