PICK UP LIMES

Recipe

BTLT: BBQ Tempeh Lettuce & Tomato Sandwich

- Vegan, one-pot, nut-free

- **Yield:** 2-3 servings
  Prep Time: 10 min
  Cooking Time: 10-15 min
- **Total Time:** 20-25 min (excluding marinating time)

Ingredients

2 tsp vegetable oil
1 block (250 g) tempeh
1/2 cup vegan BBQ sauce
Toasted bread of choice
1 small head of romaine lettuce
1 medium fresh tomato, sliced
1 avocado, sliced
1 roasted red pepper from a jar, deseeded, sliced

Directions

1. Bring a medium pan of water to a boil. Cut the tempeh into 1/8 inch thin strips (the thinner they are, the crispier they will be!). Add the strips to the pan of boiling water and cook for 5 minutes to reduce the bitterness. Drain and pat dry.
2. Mix the tempeh and BBQ sauce and let sit for at least 5 minutes, or ideally for 2 hours or overnight for maximum BBQ flavour.
3. Toast your bread and prep your vegetables.
4. Add 2 tsp of vegetable oil to a non-stick pan and once heated, add the tempeh strips and cook until golden and crispy on both sides, about 5-7 minutes. Keep on eye on it as BBQ sauce can quickly burn. Remove from heat when crisped to your liking.
5. Top the toasted bread with some BBQ sauce, add tempeh strips, tomatoes, roasted red pepper, avocado, and lettuce. Enjoy!

Notes

1. **Storage:** best if enjoyed same day, but you can store the tempeh in the fridge for up to 2-3 days.
2. **Variations:** try with a pickles instead of avocado, or top with a coleslaw mix.

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