

Recipe

FAST TEMPEH TACOS WITH CASHEW LIME CREAM



▶ ▶ Vegan, refined sugar-free

▶ **Yield:** 3-4 servings

▶ **Total Time:** 15 min

INGREDIENTS

8 small corn or flour tortillas

1 Tbsp (15 ml) sunflower oil

2 shallots, diced

3 cloves garlic, minced

1 block (300 g) tempeh*

2 tsp (10 g) onion powder

1 tsp (5 g) paprika powder

1 tsp (5 g) ground cumin

1/2 tsp chili powder (more if you like it spicy)

1/2 tsp dried oregano

1/4 tsp ground black pepper

1 jar (400 g) diced tomatoes

2 tbsp (10 ml) sodium-reduced soy sauce

INGREDIENTS: CASHEW CREAM

1/2 cup (63 g) raw cashews

1/3 cup (85 ml) boiling water (add more if you like a thinner consistency)

1 lime, juiced

DIRECTIONS

1. Add shallots and garlic to oil in non-stick pan on high heat, adding splashes of water as needed to deglaze the pan, cooking for 2 minutes.
2. Crumble the tempeh with your hands into the pan and cook for 7 minutes, stirring until lightly golden and crispy. Continue to add splashes of water as needed.
3. Meanwhile, make the cashew cream by adding the ingredients to a food processor, and blend until smooth.
4. To the pan, add the spices and sauté for 20-seconds until fragrant, then add the diced tomato and soy sauce, cooking for 3-5 minutes.
5. Meanwhile, heat tortillas on a skillet and when the tempeh has absorbed the tomatoes to your liking, spoon it onto the warmed tortillas. Top with toppings of your choice, enjoy!

NOTES

1. **Variations:** if you don't like or don't have tempeh, substitute it for crumbled tofu or 1.5 cups (300 g) of cooked brown lentils instead!
2. **Storage:** keep the filling in an airtight container in the fridge for up to 4 days.
3. **Optional toppings:** sliced avocado, diced red onion, fresh coriander, lime wedges, chili flakes, sliced fresh red chili

SADIA BADIEI

Hungry for more? Visit www.pickuplimes.com