



Sweet & Spicy Tempeh Wrap (Serves 5)

Tempeh- sliced into strips	400g
Tortilla wraps	5
Onion-thinly sliced	1
Carrot-thinly sliced	1
Garlic-finely chopped	1 big
Red chilli-finely chopped	2 cloves
Brown sugar	2
Water	2 Tbsp
Vegetable oil	2 Tbsp
Salt	pinch



Methods:

1. In a non-stick frying pan, add 1 tsp oil and lightly fry tempeh strips until slightly browned, set aside.
2. Using the same pan, add 1 tsp oil and sauté garlic, onion and chili until soft and onions starting to turn translucent. Add sugar, water and salt and continue cooking until caramelized.
3. Add tempeh back to mixture to coat.
4. Wrap tempeh mixture with fresh sliced vegetables (cucumber and carrot) in tortilla wrap, serve.

Nutrient Analysis (per serve):

Energy	Protein	Carbohydrate	Fat	Saturated Fat	Sodium
309 kcal	18.1 g	32.7 g	13.1 g	2.5 g	585 mg

Tips:

- Tempeh is a rich source of protein suitable for vegetarians and vegans. It is also rich in calcium for those who are unable to take dairy products. Each 100g of tempeh contains 18.5g of protein and 111mg of calcium. (100ml of regular milk contains 3.1g of protein and 110mg of calcium.)
- When buying tortilla wraps it helps to read the nutrition label and choose healthier options. Choosing whole wheat tortilla can help to increase fibre intake and make the

dish even healthier.

- Using sugar and chilli to season tempeh instead of premade sweet chilli sauces can give better control of flavor to fit personal taste. It also reduces our sugar and sodium intake.