Peanut Lime Tempeh with Crunchy Cabbage Noodles

4 generous noodle plates | Active 30 min | Cook 25 min | Total 40 min

Ingredients

- 14 oz plain tempeh (400 g), cut into 1/2-inch/1.3 cm slices
- 8 1/2 oz dry broad wheat noodles (240 g)
- 2 tablespoons neutral vegetable oil (30 ml/28 g), divided
- 1 large carrot (120 g), cut into thin matchsticks
- 4 packed cups finely sliced green cabbage (400 g)
- 2 garlic cloves (6 g), minced
- 1 tablespoon finely grated fresh ginger (12 g)
- 1/4 cup smooth unsalted peanut butter (64 g)
- 3 tablespoons lime juice (45 ml/45 g)
- 2 tablespoons reduced-sodium soy sauce (30 ml/32 g)
- 1 tablespoon rice vinegar (15 ml/15 g)
- 1 tablespoon maple syrup (20 g)
- 1/3 cup warm water (80 ml/80 g)

Set out

Steamer basket and lidded saucepan, Large pot, 12-inch/30 cm skillet or wok, Whisk and bowl, Tongs

Allergens

Soy, Wheat, Peanut. Check labels and substitutions.

Make it

1. Steam tempeh in a basket over simmering water, covered, for 10 minutes, or complete any longer full preparation required on the actual tempeh packet before proceeding. Transfer to a clean towel and pat dry.

2. Meanwhile, cook noodles according to their package instructions until just tender. Drain and keep a little cooking water for loosening only if needed. Whisk peanut butter with the measured warm water, then lime juice, soy sauce, vinegar and maple syrup until smooth.

3. Heat 1 tablespoon oil in the skillet over medium-high heat. Brown tempeh for 3–4 minutes per side, turning carefully, until golden. Transfer to a plate.

4. Add remaining tablespoon oil, carrot, garlic and ginger to the skillet; stir-fry for 2 minutes. Add cabbage and stir-fry 2 minutes, until just wilted but still crisp.

5. Add drained noodles and half the sauce. Toss over low heat for 1 minute, adding a tablespoon of noodle water only if needed to separate the strands. Divide among four plates, add one-quarter of the tempeh to each and spoon remaining sauce evenly over it.

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Estimated nutrition per serving

Calories: 625 kcal | Protein: 33.1 g | Carbohydrate: 70.1 g | Fat: 26.7 g | Fiber: not estimated. One of 4 servings. Batch yield: 4 generous noodle plates. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Pack the texture separately

For the best contrast, store the browned tempeh above the noodles rather than stirring it through the entire batch. A flat storage container makes that easier. The noodles can be loosened with water during reheating, while the tempeh retains some of its browned surface.

A useful detail

Use plain tempeh rather than pre-marinated pieces; the sauce quantity and nutrition mapping are based on unseasoned soy tempeh. Some mixed-grain tempeh contains wheat or other allergens. Check the actual plain-tempeh packet and complete its full preparation if longer than these steaming/browning times; include that additional time. This is not a universal cooking validation for every tempeh brand.

Another way

Replace wheat noodles with the same 240 g dry weight of rice noodles, cooking and rinsing them according to their package; this changes nutrition and allergen information.

For a nut-free sauce, use 64 g sunflower-seed butter in place of peanut butter, checking the label for cross-contact if relevant.

Keep it well

Refrigerate shallow portions at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Keep up to 3 days. Reheat covered to 165°F/74°C with a tablespoon of water per portion; the cabbage will soften further. Carry chilled portions with two cold sources in an insulated lunch bag and refrigerate on arrival.