Crisp Tempeh with Broccoli and Tamarind Bulgur

2 dinner bowls · Active 25 min · Total 40 min

Skills: Confident beginner

Ingredients

- 3/4 cup medium bulgur wheat (130 g)
- 1 1/4 cups water for bulgur (300 ml), or packet-specified amount
- 8 oz plain tempeh, sliced into 1/2-inch (1 cm) rectangles (225 g)
- 10 1/2 oz broccoli, cut into small florets with peeled stalk finely sliced (300 g prepared weight)
- 1 tablespoon plus 1 teaspoon neutral cooking oil (20 ml)
- 1 tablespoon seedless tamarind purée, regular strength and unsweetened (15 g)
- 1 tablespoon reduced-sodium soy sauce (15 ml)
- 2 teaspoons packed light brown sugar (8 g)
- 3 tablespoons water for the glaze (45 ml)
- 1 tablespoon finely grated fresh ginger (6 g)
- 1/4 teaspoon fine salt (1.5 g)

Set out

Medium saucepan with tight lid for bulgur, Saucepan with steamer insert and lid, 12-inch (30 cm) skillet, Small bowl, Clean kitchen towel or paper towels

Allergens

Soy, Wheat; tempeh and soy-sauce formulations vary. Check labels and substitutions.

Make it

1. Bring the 1 1/4 cups (300 ml) water and salt to a boil in the bulgur saucepan. Stir in the bulgur, cover and cook on low for 10–12 minutes, or according to its packet, until tender. Remove from the heat and keep covered.

2. Meanwhile, bring about 1 inch (2.5 cm) of water to a simmer under the steamer insert. Arrange the tempeh in the insert, cover and steam for 10 minutes, or longer if its package requires. Transfer to a clean towel and pat thoroughly dry.

3. Put the broccoli in the steamer. Cover and steam for 4–5 minutes until just tender, then remove the insert from the water.

4. While the broccoli steams, stir the tamarind purée, soy sauce, sugar, 3 tablespoons water and ginger together in the small bowl.

5. Heat the oil in the skillet over medium-high heat. Add the dried tempeh in one layer and cook for 6–8 minutes, turning once, until both broad sides are golden. Follow any additional cooking instructions on the tempeh package.

6. Reduce the heat to medium-low. Pour in the tamarind mixture and turn the tempeh for 30–60 seconds, until lightly glazed. Fold in the broccoli just to coat. Fluff the bulgur and divide between two bowls; add the tempeh, broccoli and pan sauce.

Read the packet before a busy evening

Tempeh varies in thickness and may have specific cooking instructions. Check those before beginning so a required extra cooking stage does not collide with your departure time.

A useful detail

If your tamarind product is labeled concentrated or double strength, use a regular-strength purée for this recipe rather than guessing a substitution.

Keep it well

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat covered to 165°F/74°C with a splash of water. Pack chilled with two cold sources in an insulated bag and refrigerate at work. The tempeh will soften in storage but the flavor remains useful for a second meal.