Tempeh and Carrot Peanut Noodles

2 plates, each with half the noodles, tempeh, carrot and peanut sauce · Active 35 min · Total 1 hr

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 8 oz plain tempeh, cut into short 1/2-inch/1 cm batons (225 g as purchased)
- 5 1/3 oz dry plain spaghetti or similar wheat noodles (150 g)
- About 8 cups water for noodles (2 liters)
- 2 medium carrots, peeled and coarsely grated (150 g prepared)
- 2 teaspoons olive oil (10 ml/about 9 g)
- 2 tablespoons plus 2 teaspoons smooth unsalted peanut butter (40 g)
- 1 tablespoon ordinary soy sauce (15 ml/about 16 g)
- 4 teaspoons lime juice (20 ml/about 20 g)
- 1 tablespoon finely grated ginger (6 g)
- 1 small garlic clove, finely grated (3 g)
- 1/3 cup warm water for sauce (80 ml)

Set out

Saucepan with steamer insert and lid, Large saucepan for noodles, 28 cm/11-inch nonstick skillet, Colander, Mixing bowl, Clean towel, Tongs, Knife and board, Coarse grater, Kitchen scale, Measuring jug, Food thermometer, 2 plates

Allergens

Soy, Peanut, Wheat; some tempeh products also contain other grains. Check labels and substitutions.

Make it

1. Read the tempeh cooking instructions. Bring water to a simmer under the steamer insert, add tempeh, cover and steam for 10 minutes, or longer if the package requires. Remove to a clean towel and pat dry.

2. While it steams, mix peanut butter with a few spoonfuls of the warm sauce water until smooth, then whisk in the rest of that water, soy sauce, lime juice, ginger and garlic. Keep this sauce separate from the hot frying pan.

3. Heat oil in the nonstick skillet over medium-high heat. Brown dried tempeh for 8–10 minutes, turning so the broad faces color and it is hot throughout. Follow any additional product cooking instructions.

4. Meanwhile boil the noodle water in the large saucepan. Cook spaghetti to its packet timing, adding grated carrot for the final 2 minutes. Drain well and return both to the warm saucepan off the heat.

5. Add the peanut sauce and lift the noodles with tongs until evenly coated. Fold in the hot tempeh gently and divide all contents between 2 plates. Serve promptly; add no raw-bean sprouts or unlisted toppings.

A useful kitchen skill

Add warm water gradually to nut butter and brown dried tempeh before coating the noodles; do not try to fry a wet peanut paste.

A useful detail

The estimate uses plain tempeh weighed as purchased before steaming, not the separate cooked-tempeh record. The SR source does not report its fiber, so full-recipe fiber is not estimated. Product cooking requirements may extend the 60-minute total.

Keep it well

Refrigerate promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 3 days. Add a splash of water and reheat the required portion to 165°F/74°C throughout, stirring the noodles. Peanut sauce thickens during chilling. Follow a shorter tempeh label limit if applicable.