

TEMPEH BOLOGNAISE

SERVES 4

This is such an easy and very tasty meal - I'm sure it will be your new favourite !! All the ingredients are so clean, nourishing and nutrient dense while being full of flavour. It's important to not fear carbs. Rice is such a gentle and easy to digest food and in Chinese Medicine Dietary Therapy it is associated with the 'earth' element, which links to the spleen and stomach - our main digestive organs. Keeping our earth happy and gently nourished helps fulfill its functions of transforming and transporting our food and fluids and keeping our energy high and maintaining healthy blood sugar levels. Tempeh is made by fermenting soy beans (opposed to tofu which is soy beans pulped then pressed). There are varying types so don't give up straight away if you don't like it - chances are you haven't tried a good one. I always recommend a firm type.

To serve 2 (or 1 and have leftovers) just halve ingredients.

Preparation: 3 minutes Cooking time: 15 minutes

INGREDIENTS

1 packet 350 - 375g flat rice noodles
2 x 500g jar good quality pasta sauce
1 packet (300g) good tempeh, grated
1 brown onion, diced
1 large zucchini, grated
1 big handful fresh spinach
1 tablespoon coconut oil
1/2 - 1 tablespoon dried italian herbs (or fresh)
2 teaspoon garlic powder (or 3 clove fresh, chopped)
1 flat teaspoon smoked paprika powder
1 teaspoon cumin powder
good salt + pepper

VEGAN PARMESAN

2/3 cup (50g) dry roasted almonds
5 tablespoon nutritional yeast flakes
good salt + pepper
small squeeze of fresh lemon

1. In a large pan add coconut oil and when warm add onions, lightly brown. Add grated tempeh, stir for 1 minute. Add spice powders and salt and pepper and stir, cook till lightly browned.
 2. Cook the rice noodles as per instructions on the packet.
 3. Add zucchini and cook for 1 - 2 minutes then add pasta sauce to pan. Add some water into pasta jar, close lid, shake well then add the water to the pan and stir well and let simmer till rich.
 4. Drain rice noodles and set aside.
 5. Add spinach to the pasta sauce, stir through and remove from heat. Season if needed.
 6. Serve with vegan parmesan and a green salad.
- Enjoy xx

SALAD DRESSING

1 teaspoon mustard, any
1 tablespoon extra virgin olive oil (EVOO)
good salt + pepper
good squeeze of fresh lemon
1/2 teaspoon coconut sugar

