

Tempeh Satay Skewers



Explore our mouthwatering recipe for Tempeh Satay Skewers, a delightful plant-based twist on the classic satay dish. These flavorful skewers are made with marinated tempeh, grilled to perfection, and served with a rich and creamy peanut sauce.

Preparation 10 min

Cooking 20 min

Portion 7

Nutrition Facts (per serving)

Calories 130 kcal

Fat 7 g

Carbohydrates 10 g

Fibre 4 g

Protein 7 g

Sodium 150 mg

Ingredients

- 1 block (240 g) of tempeh
- 8 wooden skewers (soaked in water for 30 minutes)
- 30 ml (2 tbsp) toasted sesame oil
- 30 ml (2 tbsp) lemon juice
- 15 ml (2 tbsp) tamari sauce

- 5 ml (1 tsp) sambal oelek
- 2 cloves of garlic, chopped
- 15 ml (1 tbsp) finely chopped ginger
- 10 ml (2 tsp) curry powder
- 5 ml (1 tsp) smoked paprika (*optional*)

Preparation

1. In a large pot, bring water to a boil and cook tempeh for 10 minutes. Remove and pat dry with paper towels. It removes the bitterness from the tempeh and allows it to better absorb the flavours added later (this step can be skip).
2. Cut tempeh into 7 strips and set aside.
3. In a square dish measuring approximately 21 cm x 21 cm, mix all the other ingredients with a fork. Add tempeh and marinate for at least 1 hour (at room temperature) or 3 hours (in the refrigerator), making sure to turn the tempeh from time to time.
4. Thread the tempeh on the skewers and cook on the BBQ over high heat for about 10 minutes, turning from time to time.
5. Enjoy with a [peanut sauce](#) and our [sesame and orange carrot salad](#) perfectly complements this recipe!



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