

All About ... Sweet Soy Tempeh



Serves: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • 250g tempeh, steamed & cubed • 3 shallots, diced • 1 Tbspn peanut oil • 3 garlic cloves, minced • 150g snow peas • 2½ Tbspn soy sauce, reduced sodium • 3½ Tbspn honey <p>Optional:</p> <ul style="list-style-type: none"> • Black and white sesame seeds • Bird's Eye Chili 	Energy (kcal)	252
	Carbohydrate (g)	24
	Protein (g)	14
	Fat (g)	10
	• Saturated Fat (g)	1.0
	• Polyunsaturated Fat (g)	5.7
	• Monounsaturated Fat (g)	2.5
	Cholesterol (mg)	0
	Dietary Fibre (g)	6
	Sodium (mg)	480
	Potassium (mg)	552
	Phosphate (mg)	226

Methods

1. In a heated pan, add in oil, shallots and tempeh.
2. Pan-fry the tempeh until they start to caramelize or about 5 minutes.
3. Add in garlic, soy sauce and honey until all the tempeh are well-coated.
4. Add in snow peas and stir-fry for another 3-4 minutes.
5. Serve over brown rice to complete your meal.

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