



TEMPEH SKEWERS WITH CORIANDER LIME MAYONNAISE

INGREDIENTS

- 3 limes
- 20 grams of fresh coriander
- 2 cloves of garlic
- 1 tablespoon of tomato puree
- 1 - 2 teaspoons of paprika powder
- 1 teaspoon of cinnamon
- 1 teaspoon of grated cumin
- 3 tablespoons of olive oil
- 250 grams of tempeh
- 4 tablespoons of mayonnaise
- 2 - 3 tablespoons of yogurt
- 6 wooden skewers

MAIN COURSE

2 PERSONS

TIJD: 1 HOUR AND 5 MINUTES

DIRECTIONS

Clean 2 limes. Grate the green peel and squeeze the limes. Chop the lime zest fine. Chop half of the coriander fine.

Squeeze 1 garlic above a bowl and add tomato puree, 2 tablespoons of water, 2 tablespoons of lime juice, 1 tablespoon of lime zest, 1 tablespoon fine chopped coriander, paprika powder, cinnamon, cumin, black pepper and olive oil. Stir everything till a marinade.

Slice the tempeh in cubes of 3 x 3 cm. Serve the tempeh cubes through the marinade and let it marinate for 30 minutes at room temperature.

Squeeze the other garlic above a bowl. Add 2 tablespoons of lime juice with the rest of the lime zest and fine chopped coriander, mayonnaise, yogurt and pepper and stir till a sauce.

Stick at each skewer 3 tempeh cubes and put them on a dish. Store them in the fridge.

Roast the skewers for 10 -12 minutes in a grill pan on all side golden and cooked, turn them regularly.

Serve the skewers with the rest of the coriander and parts of lime. Put the lime-coriander mayonnaise next to it.

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