

KOREAN BBO TEMPEH BUDDHA BOWL

A tasty vegan option with on-trend Korean flavours.



PREP TIME
30 MIN



COOK TIME
30 MIN



SERVINGS
4

Ingredients

- 400g firm tofu, pressed and drained
- 60g [Blenders Sriracha](#)
- 15g tahini
- 20ml full fat oat milk
- 20g vegan butter
- 280g brown rice
- 20ml light soya sauce
- 2 avocados, peeled & sliced
- 100g kimchi
- 40g pickled radish
- 200g tempeh
- 280g red cabbage, sliced
- 120g baby spinach
- 120g [Blenders Korean BBO](#)
- 2 carrots peeled and thinly sliced
- 1 cucumber thinly sliced
- 10g fresh coriander, chopped
- 2 tomatoes, sliced
- 8 slices of vegan bacon
- 8 vegan sausages
- 60g [Blenders Sweet Tomato Relish](#)

Allergens

Contains Gluten, Soyabeans, Sesame

Method

1. Combine soy sauce and 60g of [Korean BBO Sauce](#). Slice the tempeh into large bite size chunks and marinate the tempeh in the mixture for 20-60 mins.
2. Cook the brown rice according to pack instructions.
3. To cook the tempeh, place in a hot pan for 4 mins until lightly brown.
4. Add the remaining Korean BBQ sauce and reduce to a low heat for 3 mins.
5. To serve: Start with a layer of baby spinach in a bowl, top with rice. Arrange the tempeh, sliced red cabbage, kimchi, pickled radish, avocado, carrot, and cucumber. Sprinkle with chopped coriander and serve.

