

# Sautéed Tempeh

2-4 servings

8 oz tempeh

¼ cup wheat free tamari

1 Tb rice vinegar or apple cider vinegar

½ tsp dark sesame oil

2 cloves garlic, crushed

½ tsp ground cumin

pinch cayenne

2 Tb coconut oil or ghee

- Cut an 8 ounce block of tempeh into 1/4 inch-thick horizontal slices.
- Marinate for 10-20 minutes
- Heat coconut oil. Pan-fry over medium heat until golden brown while spooning the marinade over them.
- Serve on salad or with a vegetable dish.