

# Maple-Soy Tempeh over Brown Rice with Sautéed Kale

Serves 4 for lunch

*Any green can be substituted for the Lacinato kale below, but I think that the Lacinato kale and tempeh make a brilliant combination. Both the kale and tempeh have a slightly bitter aftertaste which I find is muted somewhat when paired together*

## **For the rice:**

1 cup long grain brown rice  
2 ¼ cups water  
½ teaspoon salt  
1 teaspoon sesame oil

## **For the tempeh:**

8 ounces three grain tempeh (or your personal favorite), cut into ¼-inch thick slices  
3 tablespoons soy sauce  
2 tablespoons maple syrup  
2 garlic cloves, minced  
Olive oil

## **For the kale:**

1 bunch (about 9 ounces) Lacinato kale, thinly sliced  
1 tablespoon olive oil  
Salt, to taste  
Freshly ground black pepper, to taste

Combine the brown rice, water, salt, and sesame oil in a medium saucepan. Bring to a boil then stir before covering the saucepan with a tight-fitting lid and reducing the heat to medium-low. Cook the rice for 45 minutes or until tender. Let the rice sit, covered, for 5 minutes before serving.

In a medium bowl, whisk together the soy sauce, maple syrup, and minced garlic. Lay the sliced tempeh on a plate and drizzle the marinade over it. Turn over the tempeh slices if necessary to thoroughly coat each slice with the marinade. Marinate for 30 minutes.

While the tempeh marinates, heat a non-stick skillet over medium-high heat. Add about a tablespoon of olive oil to the skillet and then toss in the sliced kale. Cook, stirring often, for about 3 to 5 minutes or until it just begins to wilt. Season to taste with salt and pepper and set aside.

Wipe out the skillet with a paper towel. Heat over medium-high heat until hot and then add just enough olive oil to glaze the bottom of the skillet. Remove the

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tempeh slices from the marinade and pat them dry with a paper towel (otherwise they'll splatter when added to the oil). Add the tempeh to the hot pan making sure they don't overlap each other. Cook on each side until golden brown (about 1 minute). Remove from the skillet and set aside.

**Note:** If your skillet is large enough, you'll be able to cook all the tempeh in one batch. If smaller, you may have to cook the slices in two batches. If this is the case, I recommend carefully wiping out the skillet with a paper towel between each batch. Minced garlic will inevitably end up in the oil as you sear the tempeh and when cooked too long it burns and becomes bitter. Wiping out the skillet between batches prevents the second batch from having an off-taste.

To serve, place a spoonful of the cooked brown rice in a bowl with the sautéed kale. Top with a couple of tempeh slices. If desired, drizzle with any remaining marinade and give it a squirt of Sriracha hot sauce. Enjoy.

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