

Tempeh Meatballs - Easy Tempeh Recipes



Ingredients

- 1 tbsp flax
- 3 tbsp water
- 1 onion, diced
- 3 garlic cloves, minced
- 300g tempeh
- 1/3 cup nutritional yeast
- 1/4 cup parsley
- 1/2 cup bread crumbs

COATING:

- 1/3 cup bread crumbs
- 1/3 cup nutritional yeast

Method

- In a small dish, mix together flax and water. Set aside to create a flax egg
- Heat oil in a fry pan and saute onion and garlic. Set aside once soft and translucent
- Break down tempeh using a food processor, then add cooked onion and garlic, as well as the remaining ingredients. Blend together to make a meat-like paste.
- Form tempeh meatballs to desired size and coat with breadcrumbs and nutritional yeast.
- Quickly pan fry for a few minutes to brown and then place in oven at 200c for about 15-20 minutes
- Once cooked, add tempeh meatballs on top of pasta, in a sub or in a salad.

