



Tempeh and Strawberry Rice Salad

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan
By: Cuisine l'Angélique

PORTIONS: 6
PREPARATION: 45 MINUTES

INGREDIENTS

Marinated tempeh:

- 240 g tempeh cut into cubes (I really like tempeh quinoa and sesame*)
- 30 ml (2 tbsp) tamari sauce
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) maple syrup
- 1 to 2 garlic cloves, pressed
- 2.5 ml (1/2 tsp) fresh ginger, grated

Salad:

- 500 g (3 1/2 cups) brown basmati rice, cooked
- 150 g (1 1/2 cups) snow peas blanched, cooled and halved
- 1 zucchini, cut into small pieces (about 200 g)
- 160 g (1 cup) Ataulfo mango, cut into small pieces (about 1 large mango)
- 210 g (1 1/2 cups) strawberries, cut into small pieces
- 20 g (1/3 cup) fresh cilantro, chopped

Dressing:

- 50 g (1/4 cup) light olive oil
- 15 ml (1 tbsp) maple syrup
- 15 ml (1 tbsp) balsamic vinegar
- 7.5 ml (1 1/2 tsps) fresh ginger, grated
- 5 ml (1 tsp) garlic powder
- 2.5 ml (1/2 tsp) salt

PREPARATION

1. For the tempeh stir-fry, mix all the ingredients together and marinate for 30 minutes. Then fry in a large frying pan in which you will have heated 15 ml (1 tablespoon) of oil. Set aside.
2. In a large bowl, combine all salad ingredients (except strawberries and dressing) and mix well.
3. Using a fork, beat together the dressing ingredients, then add to the salad. Stir to coat dressing ingredients.
4. Refrigerate for a minimum of two hours to allow all flavours to seep in. Add strawberries before serving.
5. Keeps for 24 hours in the refrigerator.



A one-of-a-kind salad that is simply delicious!

TIP

* For the choice of tempeh, here is the one I like very much and that is made in Montreal: <http://noblebean.com/>

VARIANT FOR SHRIMP

This recipe is a vegan adaptation of the [Shrimp and Strawberry Rice Salad recipe](#)