RECIPE | PEPPERS



AIR FRYER TEMPEH GRAIN BOWLS

pure flavor

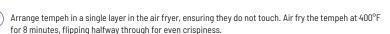
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AIR FRYER TEMPEH GRAIN BOWLS

Recipe created by Chelsea LeBlanc, RDN

- 8 oz Pure Flavor® Organic Aurora Bites Mini S Sweet Peppers, sliced into rounds Z 1 Pure Flavor[®] Organic Long English Cucumber, thinly sliced 1 avocado, sliced ш 9 oz bag of salad greens
- NGR 8 oz block of tempeh, sliced into 1/2-inch strips
 - 1 cup quinoa, cooked & divided
 - 1/4 cup terivaki sauce, divided

1/4 cup tahini 1/4 cup water 1/4 tsp around ainaer 1/4 tsp garlic powder Sesame seeds, for garnish



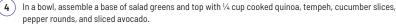


While the tempeh cooks, mix together tahini, water, 1 tablespoon teriyaki sauce, ginger, and garlic powder in a mason iar to create sesame tahini sauce.



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At the half-way mark, baste the air-fried tempeh with remaining terivaki sauce.



Drizzle the prepared sesame tahini sauce over the entire bowl. Sprinkle sesame seeds as garnish for added crunch!



