

RECIPE | PEPPERS

AIR FRYER TEMPEH GRAIN BOWLS



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Recipe created by *Chelsea LeBlanc, RDN*

INGREDIENTS

- 8 oz** Pure Flavor® Organic Aurora Bites Mini Sweet Peppers, sliced into rounds
- 1** Pure Flavor® Organic Long English Cucumber, thinly sliced
- 1** avocado, sliced
- 9 oz** bag of salad greens
- 8 oz** block of tempeh, sliced into ½-inch strips
- 1 cup** quinoa, cooked & divided
- ¼ cup** teriyaki sauce, divided

- ¼ cup** tahini
- ¼ cup** water
- ¼ tsp** ground ginger
- ¼ tsp** garlic powder
- Sesame seeds, for garnish



23 min

15 min
PREP.

8 min
COOKING



4



easy

DIRECTIONS

- 1 Arrange tempeh in a single layer in the air fryer, ensuring they do not touch. Air fry the tempeh at 400°F for 8 minutes, flipping halfway through for even crispiness.
- 2 While the tempeh cooks, mix together tahini, water, 1 tablespoon teriyaki sauce, ginger, and garlic powder in a mason jar to create sesame tahini sauce.
- 3 At the half-way mark, baste the air-fried tempeh with remaining teriyaki sauce.
- 4 In a bowl, assemble a base of salad greens and top with ¼ cup cooked quinoa, tempeh, cucumber slices, pepper rounds, and sliced avocado.
- 5 Drizzle the prepared sesame tahini sauce over the entire bowl. Sprinkle sesame seeds as garnish for added crunch!