

Chilli Tempeh with Sour Cream

Calories: 157 kcal

Servings: 1

Time: 0 Mins

Ingredients

- 1.00 tsp Chili Powder
- 35.00 g Cremini Mushrooms (minced)
- 1.00 tsp Cumin Powder
- 1.00 clove Garlic (crushed)
- 1.00 tsp Olive Oil
- 20.00 g Onions (chopped finely)
- 1.00 tsp Paprika Powder
- 40.00 g Red Capsicum (diced)
- 0.24 tsp Salt
- 30.00 g Tempeh (finely chopped or grated)
- 60.00 g Tomato (diced)

Instructions

1. Heat oil in a pan and fry onions until translucent.
2. Add mushrooms and sauté for 2 minutes. Add tempeh, capsicum, tomato and garlic and sauté for 2 minutes or until vegetables are slightly cooked and browned.
3. Add paprika, chilli powder, cumin and salt.
4. Add 2-4 tbsp of water and stir to combine, simmer for 10-15 minutes. Taste and season as needed.
5. Serve hot, topped with sour cream and cheddar cheese.