



Protein Swap

GREEN TEA MARINATED TOFU, SEITAN OR TEMPEH

Refreshing green tea imparts an herbaceous, earthy flavor to swap out fish for Tofu, Seitan, or Tempeh. Serve with protein-rich maple quinoa or rice medley.



INGREDIENTS

GREEN TEA MARINADE

1/4 cup/60 ml green tea leaves
1/4 tsp/1 ml of ground pepper
3/4 tsp/3 ml of kosher or sea salt
2 tsp/10 ml of brown sugar
1/2 tsp/2 ml of chipotle powder
1/4 cup/60 ml olive oil
8 oz/226 grams portion of Tofu, Seitan, or Tempeh



METHOD GREEN TEA MARINADE FOR TOFU, SEITAN OR TEMPEH

Blend all ingredients and grind well in a mortar and pestle or food processor. Drizzle olive oil on tofu, tempeh, or seitan and massage in the rub. Refrigerate and marinate for 1-2 hours. Remove and shake off excess oil before grilling on the barbecue or cast-iron grill pan.

INGREDIENTS

VANILLA ROOIBOS RICE MEDLEY OR QUINOA

1 cup/250 ml quinoa or rice medley
1 shallot
2 cloves garlic
2 sprigs thyme
2 cups/500 ml vegetable stock
salt and pepper



METHOD

RICE MEDLEY OR QUINOA

Heat oil in large sauté pan. Add and sweat chopped shallots and garlic over medium heat. Add rice medley or quinoa and enough vegetable stock to cover—season with thyme salt and pepper. Cover the mixture with a lid and cook until soft and tender.