**Peanut Tempeh Stirfry (Bariatric)**

**U.S.** | **Metric**
---|---
16 oz | Tempeh, sliced into thin strips 455g
2 Tbsp | Sesame Oil 30mL
1 Tbsp | Fresh Ginger, grated 2.5g
1 Tbsp | Lime Juice 15mL
1/4 cup | Peanut Butter, natural, creamy 60mL
2 Tbsp | Tamari, reduced sodium 30mL
2 Tbsp | Chili Garlic Sauce (Sambal Oelek) 30mL
1 cup | Green Beans, cut into 2 inch long pieces 190g
1 cup | Broccoli, cut into small florets 260g
1/2 large | Red Onion, cut into thin slices 70g
1/2 cup | Water 120mL
2 each | Egg, large 2 each
1/3 cup | Green Onions, thinly sliced 30g
1 Tbsp | Sesame Seeds, toasted 9g
1 each | Lime, cut into wedges 5g

**Preparation:**
1. Gather all ingredients and equipment.
2. In a small bowl, whisk together the ginger, lime juice, peanut butter, tamari, chili garlic sauce, and 1/3 cup water. Set aside.
3. Add the oil to a large skillet over medium-high heat.
4. Once the oil is hot but not smoking, add the tempeh in a single layer.
5. Let the tempeh cook undisturbed until golden brown, about 1-2 minutes, before flipping.
6. Once the tempeh is golden brown on all sides, remove the pan from the heat.
7. Add the green beans, red onion, broccoli, peanut sauce, and 1/2 cup of water. Stir to combine.
8. Return the pan to low heat and cover with a lid. Let steam for 5 minutes, or until the vegetables are tender.
9. If needed, add 1/3 cup more of water to prevent the dish from drying out.
10. Crack the eggs into a small bowl and whisk together.
11. Use a spoon or rubber spatula to push all of the ingredients in the pan to one side. In the open area, pour in the eggs. Stir the eggs as they cook to make scrabled eggs. Once cooked, mix in with the rest of the ingredients in the pan.
12. Turn off the heat and top with sesame seeds and green onions. Serve with lime wedges. If desired, serve with a side of rice or cauliflower rice.

**Nutrition Facts on Reverse**
### Nutrition Facts - Stir Fry Only

6 Servings  
**Serving size** 3/4 cup stir fry  

| Amount per serving |  
|-------------------|---|
| **Calories**      | 300 |
| **Total Fat**     | 21 g  
| - Saturated Fat   | 4 g  
| - Trans Fat       | 0 g  
| - Monounsaturated Fat | 5 g  
| **Cholesterol**   | 60 mg  
| **Sodium**        | 530 mg  
| **Total Carbohydrate** | 13 g  
| - Dietary Fiber   | 2 g  
| - Total Sugars    | 2 g  
| Includes 0g Added Sugars |  
| **Protein**       | 22 g  
| **Vitamin D**     | 0 %  
| **Calcium**       | 10 %  
| **Iron**          | 17 %  
| **Potassium**     | 400 mg  
| **Phosphorus**    | 270 mg  

### Nutrition Facts - With Coconut Cauliflower Rice

6 Servings  
**Serving size** 3/4 cup stir fry 1/4 cup cauliflower rice  

| Amount per serving |  
|-------------------|---|
| **Calories**      | 320 |
| **Total Fat**     | 22 g  
| - Saturated Fat   | 4 g  
| - Trans Fat       | 0 g  
| - Monounsaturated Fat | 6 g  
| **Cholesterol**   | 60 mg  
| **Sodium**        | 580 mg  
| **Total Carbohydrate** | 15 g  
| - Dietary Fiber   | 3 g  
| - Total Sugars    | 2 g  
| Includes 0g Added Sugars |  
| **Protein**       | 22 g  
| **Vitamin D**     | 0 %  
| **Calcium**       | 10 %  
| **Iron**          | 18 %  
| **Potassium**     | 600 mg  
| **Phosphorus**    | 285 mg  