

# TEMPEH BOLOGNAISE

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**SERVES 2 - 4**

*This is such an easy and very tasty meal - I'm sure it will be your new favourite !! All the ingredients are so clean, nourishing and nutrient dense while being full of flavour. You can feed 1 or 2 or make a bigger batch for a larger group, and it's perfect for leftovers too. Top with your favourite vegan cheese or homemade vegan parmesan (see my recipe book 'Delicious Vegan Eats').*

*It's important to not fear carbs. Rice is such a gentle and easy to digest food and in Chinese Medicine Dietary Therapy it is associated with the 'earth' element, which links to the spleen and stomach - our main digestive organs. Keeping our earth happy and gently nourished helps fulfill its functions of transforming and transporting our food and fluids and keeping our energy levels high and maintaining healthy blood sugar. Tempeh is made by fermenting soy beans (opposed to tofu which is soy beans pulped then pressed). There are varying types so don't give up straight away if you don't like it - chances are you haven't tried a good one. I recommend the Queensland brand :*

***Mighty Bean Tempeh.***

*Preparation: 3 minutes    Cooking time: 10 minutes*

## **INGREDIENTS**

**1 packet (200 - 300g) flat rice noodles**  
**1 400 - 500g jar good quality pasta sauce**  
**1 packet (300g) good tempeh, grated**  
**2 - 3 handfuls kalamata olives, whole**  
**2 handfuls fresh spinach**  
**1 handful Italian parsley, chopped**  
**1 - 2 teaspoon garlic powder ( or 1 clove fresh garlic, grated)**  
**1 tablespoon coconut oil**  
**good salt + pepper**  
**nutritional yeast or vegan cheese for serving**

## **optional**

**1 flat teaspoon sweet paprika powder**  
**1/2 teaspoon turmeric powder**

1. In a large pan add coconut oil and when warm add grated tempeh. Add spice powders and stir, cook till lightly browned.
2. Cook the rice noodles as per instructions on the packet.
3. Add kalamata olives and pasta sauce to pan and stir well.
4. Drain rice noodles and set aside.  
Optional: add a little noodle water to pasta sauce.
5. Add the chopped spinach to the pasta sauce, stir through and remove from heat. Add the parsley and combine.
6. Serve with nutritional yeast (or your choice of vegan cheese) and greens.  
Enjoy xx

