

Tempeh fish style goujons with chips



Ingredients

- 2x250g packets of tempeh
- 185g gram flour
- 1tbsp baking powder
- 1tbsp garlic powder
- 1tbsp chilli powder
- 60ml cider vinegar
- 340ml soda water
- 125g cornflour
- 1tbsp nori seaweed sheets (shredded)
- Sunflower oil for frying

Method | SERVES 4

- Split the tempeh in half so that you have two thin rectangles. To do this lay the tempeh on a cutting board, hold the top steady with the palm of your hand and with a knife, slice through it like you are splitting open a bagel.
- If you like your tempeh less chewy, steam it for a few minutes to soften it. Cut each piece of tempeh into 4 pieces so you have 16 pieces in total.
- Place the gram flour, baking powder, garlic powder and chilli powder in a bowl. Mix well. Add in the vinegar and slowly mix in the soda water until the batter is the desired consistency (like pancake batter). Then stir in shredded nori sheets.
- Heat 2 inches of oil in a large skillet. Dredge the tempeh pieces in the cornflour, shake off the excess, and then coat with the batter. If you want an extra crunchy, thicker battered covering, re-dredge the tempeh a second time.
- Fry the tempeh in the skillet in batches, turning once, until golden brown.
- Place the pieces on paper towels to drain and sprinkle with salt.
- Serve while hot with chips and tartar sauce on the side. Add lemon wedges for garnish if desired.

Nutritional

	per 100g	serving 326g
Energy	948kJ 226kcal	3090kJ 737kcal
Fat	10.0g	32.6g
of which Saturated	0.7g	2.3g
Carbohydrate	22.7g	74.0g
of which Sugars	1.1g	3.6g
Fibre	3.8g	12.4g
Protein	11.3g	36.8g
Salt	0.75g	2.4g

Nutritional information for goujons only

Suitable for: Vegetarians, Vegans, Dairy Free, Nut Free, Gluten Free

Allergens: Soya

Impact | PER SERVING

Plant based dishes use less natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using Fish.

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
1250	N/A	1475

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.