FOOD & COOKING WITH CHEF ROSS

Tempeh Stir Fry



Preparation: About 15 minutes | Marinating: 20 minutes (required) | Cooking: About 15–20 minutes | Serves: 2 people

What you need

Ingredients



- 1 onion, sliced
- 2 garlic cloves, chopped
- 1 carrot, grated
- ¼ red cabbage, thinly sliced
- 3 kale leaves, thick stems removed and leaves torn
- 1 tablespoon reduced-salt soy sauce or gluten-free tamari
- ¼ cup (60 ml) water
- ¼ teaspoon chilli flakes (optional)
- 200 g tempeh, cut into 1 cm cubes
- 1 tablespoon cornflour (for a light crisp coating)
- 1 tablespoon extra virgin olive oil
- 1 teaspoon sesame oil (added later, with kale)

Optional serving suggestions

- Sesame seeds
- Pumpkin seeds
- Chopped nuts
- Brown rice or quinoa

Equipment



- Wok or large frying pan
- Knife and chopping board
- Grater
- Small mixing bowl
- Wooden spoon
- Measuring cups and spoons
- Plate for cooked tempeh
- Strainer or slotted spoon to drain marinade

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Let’s make it



1. Prepare the vegetables

Wash the vegetables.
Slice onion and cabbage.
Chop garlic.
Grate carrot.
Pull away the thick kale stems and tear leaves into pieces.



2. Make the sauce

Mix soy sauce or tamari, ¼ cup water and optional chilli flakes in a small bowl.



3. Marinate the tempeh — 20 minutes

Cut tempeh into 1 cm cubes.
Mix with 2 tablespoons of the sauce.
Leave for 20 minutes.
Keep remaining sauce for later.



4. Drain and coat the tempeh

Drain off excess marinade.
Toss tempeh with 1 tablespoon cornflour for a light coating.

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5. Cook the tempeh on its own

Heat extra virgin olive oil in a wok over medium-high heat.
Add the coated tempeh on its own, without the vegetables.
Stir-fry for about 4–5 minutes until lightly golden and crisp.
Move to a plate.



6. Cook firm vegetables

Add onion to the wok and cook for 2 minutes.
Add garlic for 30 seconds.
Add grated carrot and red cabbage.
Stir-fry for about 2–3 minutes, checking they are cooked as preferred.



7. Add kale and sesame oil

Add kale and 1 teaspoon sesame oil.
Stir-fry for 1–2 minutes.



8. Finish and serve

Return tempeh to wok.
Add remaining sauce.
Stir-fry for 1–2 minutes, until everything is hot.
Serve promptly.

Serving and storage

- Serve with optional brown rice or quinoa.
- Garnish with seeds or nuts only if desired.
- Refrigerate leftovers within 2 hours in shallow containers.
- Store at 5°C or colder and use within 3 days.
- Reheat until steaming hot throughout.
- Soy is present.
- Sesame oil contains sesame.
- Added nuts/seeds introduce additional allergens.
- For gluten-free, choose verified gluten-free tamari, tempeh and cornflour, and prevent cross-contact.
- Crisp tempeh can soften when the sauce is added.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.