

Vegan Crispy Lemongrass Tempeh with Rice



 Serves: 2  Prep: 20 minutes  Cook: 10 minutes  Stack Cup

Developed by Monash FODMAP-trained dietitian [Melissa D'Elia](#) (APD), this tasty and crispy tempeh delight is both low FODMAP AND vegan!

Metric

Imperial

ingredients

| | |
|---------------------------------|--------|
| Tempeh | 200 g |
| Basmati Rice (to serve) | |
| For the Flour Mix | |
| 1/2 cup Corn Flour | 75 g |
| Salt & Pepper | |
| For the Batter: | |
| 3 tbsp Gluten-Free Flour | 15 g |
| 1/3 cup Water | 83 g |
| 1 tsp Powdered Low FODMAP Stock | 1.25 g |
| 1 tbsp Minced Lemongrass | |
| For the Coating: | |
| 1 1/4 cup Panko Breadcumbs | 75 g |
| For the Lemongrass Oil | |
| 1 tsp Minced Ginger | 5 g |
| 1 tsp Garlic Replacer | |

| | |
|---|--------------|
| | 0.3 g |
| 1/2 tbsp Minced Lemongrass | |
| 2 stalks Spring Onion (green tips only) | |
| 4 tbsp Rice Bran Oil | 72 g |

Method

Step 1

Make the batter by mixing gluten-free flour, water, stock and lemongrass together, set aside.

Step 2

Prep the lemongrass oil mixture by mixing ginger, garlic replacer, spring onion and rice bran oil together and set aside.

Step 3

Coat the tempeh into the flour mix on all sides, then dip into the batter also making sure to coat each side well.

Step 4

Dip the tempeh into the panko breadcrumbs.

Step 5

In a frying pan, heat the lemongrass oil mixture. Once hot, add the tempeh and fry until golden on all sides. Set aside and continue to fry the rest of the pieces.

Step 6

Serve with rice, extra spring onions (green tips only) and optional low FODMAP sweet chilli sauce for dipping.

Hints

You can also substitute the tempeh for firm tofu!

Other key nutrients (per serve):

- Calcium: 111mg
 - Iron: 2.7mg
 - Zinc: 1.8mg
 - Potassium: 577mg
 - Phosphate: 256mg
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Find more from Melissa:

- Website: sprout-nutrition.com.au
- Instagram: [@sproutnutrition_](https://www.instagram.com/sproutnutrition_)
- Facebook: [Sprout Nutrition](https://www.facebook.com/Sprout-Nutrition)

