

Grill Texas Tempeh Steaks

20–30 Min

Ingredients 2 Portions

= Kotányi Produkte

400 g	Tempeh
1 tbsp.	Psyllium husk
80 ml	Water
2 tbsp.	Olive oil
1 tbsp.	Liquid smoke
1 tbsp.	Buckwheat flour
2 tbsp.	Fresh parsley, chopped
1 tbsp.	
1 tbsp.	Sea Salt, Coarse

Crust:

100 g	Pumpkin seeds
50 g	Sesame seeds
1 tsp.	Sea Salt, Coarse

Preparation

1. Use a food processor to quickly and coarsely combine all the ingredients for the crust and pour into a shallow bowl. Mix the psyllium seeds husks with the water and allow to thicken for a short time.
2. Then mix all ingredients for the steak into a doughy mixture. Shape the dough into two steak-like patties and sprinkle both sides with the pumpkin seeds and sesame seeds. Press the patties down a little.
3. Wrap the patties in foil and keep in the fridge for at least 4 hours or overnight. When ready to grill the steaks, coat them with oil and grill for 5 minutes on each side.
4. Serve with some fresh herbs, lime or your favorite grill sauce and enjoy.