



Ingredients 2 Portions

🖊 = Kotányi Produkte

400 g Tempeh

Psyllium husk 1 tbsp.

Water 80 ml

2 tbsp. Olive oil

1 tbsp. Liquid smoke

Buckwheat flour 1 tbsp.

Fresh parsley, chopped 2 tbsp.

1 tbsp.

1 tbsp. ♦ Sea Salt, Coarse

Crust:

100 g Pumpkin seeds

50 g Sesame seeds



♦ Sea Salt, Coarse



Preparation

- 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.
- 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.
- 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.
- Serve with some fresh herbs, lime or your favorite grill sauce and enjoy.

