

Orange Glazed Tempeh

In small bowl, combine and set aside:

- 1 C freshly squeezed orange juice (3-4 large juicy oranges)
- 1 lime, juice of
- 1 T freshly grated ginger
- 2 tsp tamari (or soy sauce)
- 1 T mirin
- 2 tsp maple syrup
- ½ tsp ground coriander
- 2 small garlic cloves, crushed

Cut into thin, bite-sized pieces: 10 oz of tempeh

In large frying pan over med-hi heat, heat: 2 T olive oil

Add sliced tempeh and fry for 5 minutes, or until golden underneath. Turn and cook other side for another 5 minutes, or until golden.

Pour orange juice mixture into pan and simmer for 10 minutes.

Mix together and add to pan:

- 1 C vegetable broth
- 1 T corn starch

Stir, on medium heat, until the sauce has thickened.

Add:

- handful of cilantro leaves
- Salt to taste

Serve.