

TEMPEH REUBEN SANDWICH



Karthein's

ORGANIC • BIOLOGIQUE

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2 servings

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1 MARINATE THE TEMPEH

Juice of half a lemon
1 tbsp maple syrup
2 tbsp coconut aminos or tamari
1/2 tsp liquid smoke (optional)
1 tsp extra virgin olive oil

1. Cut the tempeh into thin slices
2. Soak the tempeh in the marinade for 20 min
3. Cook in half the marinade for 2.5 min on medium heat, then flip
4. Add the rest of the marinade and cook for another 3-4 min

2 PREPARE THE THOUSAND ISLAND SAUCE

1/4 cup vegan or regular mayo
1 1/2 tbsp ketchup
1 tbsp relish
1 tsp minced onions
1/2 tsp apple cider vinegar
Salt / pepper to taste

3 ASSEMBLE

4 slices rye bread
1/2 cup grated vegan or dairy cheese
Milk or plantbased milk (to taste)
Pickles (for garnish)
Micro greens (for garnish)
1/3 cup KARTHEIN'S SIMPLE SAUERKRAUT

1. Pour a bit of milk in a small pot and heat over medium-low for 2 minutes
2. Add the grated cheese and stir with a wooden spoon until it melts
3. Spread a bit of thousand island sauce on a slice of bread
4. Add the tempeh, sauerkraut, melted cheese and add a bit more sauce
5. Garnish with micro greens and pickles