

Tempeh Reuben Sandwiches on Rye

with Carrot & Celeriac Salad

Celeriac is a variety of celery with a knobby, delicious root. It's also called celery root, which is something of a misnomer. Though closely related to the celery we're most familiar with, celeriac is an entirely different species. It's delightfully crunchy with a delicate, sweet taste.



Ingredients

- 1 8-Ounce Package Tempeh
- 1 Bunch Parsley
- 1 Cara Cara Orange
- 1 Carrot
- 1 Celeriac
- 1 Clove Garlic
- 1 Scallion
- 2 Tablespoons White Wine Vinegar
- 1 Tablespoon Ketchup
- 1 Tablespoon Mayonnaise
- 1 Tablespoon Sweet Pickle Relish
- 4 Slices Rye Bread
- 4 Slices Swiss Cheese
- ½ Cup Sauerkraut
- 1 Tablespoon Pastrami Dry Rub

(Black Pepper, Brown Sugar, Coriander, Ground Mustard Seed & Paprika)

Makes 2 Servings

About 700 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Thinly slice the tempeh into ¼-inch thick pieces. Remove the parsley leaves from the stems; discard the stems and roughly chop the leaves. Using a knife, cut off the peel and pith of the orange then small dice the fruit. Peel the carrot and celeriac and cut into thin matchsticks. Peel and mince the garlic then, using the flat side of your knife, smash until it resembles a paste. Thinly slice the scallion on an angle.



Make the salad:

In a large bowl, combine the **carrot**, **celeriac**, **scallion**, **garlic**, **orange** (along with any collected juice), **white wine vinegar** and **parsley**. Drizzle with olive oil and toss to thoroughly coat. Season with salt and pepper to taste.



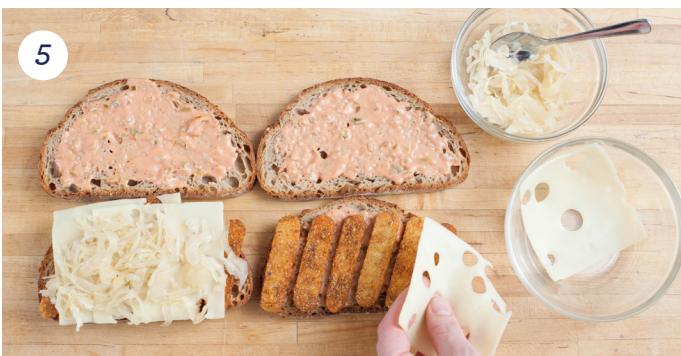
Cook the tempeh:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **sliced tempeh** to the pan in a single layer, and cook 2 to 3 minutes per side, or until slightly browned and heated through. Remove from heat, toss with the **pastrami dry rub** and season with salt and pepper. Transfer the seasoned tempeh to a plate and wipe out the pan.



Make the Thousand Island dressing:

In a small bowl, combine the **mayonnaise**, **ketchup** and **relish**. Season with salt and pepper to taste.



Assemble the sandwiches:

Lay the **rye slices** out on a work surface and spread a layer of **Thousand Island dressing** on each. Divide the **cooked tempeh**, **cheese slices** and **sauerkraut** between 2 of the dressed slices. Complete the sandwiches with the **remaining two slices of bread**.



Grill the sandwiches & plate your dish:

In the same pan used to cook the tempeh, heat 2 teaspoons of olive oil on medium until hot. Add the **sandwiches** and cook 2 to 4 minutes per side, or until the cheese has melted and the bread is golden and crisp. (If the pan is too dry, add another teaspoon of olive oil after flipping the sandwiches.) To plate your dish, slice the **grilled sandwiches** in half and divide between 2 plates. Serve with the **salad** on the side. Enjoy!