



Ingredients

- 8 Ounces Tempeh
- 1 Avocado
- ½ Head Baby Romaine Lettuce
- 1 Kirby Cucumber
- 1 Tomato
- 4 Slices Sourdough Bread

Knick Knacks

- 2 Tablespoons Red Wine Vinegar
- 2 Tablespoons Mayonnaise
- 1 Shallot
- 1 Tablespoon Smoky Spice Blend (Ground Coriander, Chili Powder & Smoked Paprika)
- 1/8 Teaspoon Aleppo Pepper
- 4 Frilled Sandwich Toothpicks

Makes 2 Servings About 700 Calories Per Serving



Prepare the ingredients:

Wash and dry the fresh produce. Cut the tempeh into 4 planks and coat in the **smoky spice blend**. Peel, pit and slice the avocado; place in a bowl with **a splash of the red wine vinegar** to prevent browning. Cut off and discard the root of the lettuce. Separate and set aside 6 of the large leaves; roughly chop the core and remaining leaves. Halve the cucumber lengthwise; remove and discard the seeds. Slice the cucumber into ½-inch pieces. Peel and slice the shallot; place in a bowl with the **remaining red wine vinegar**. Thinly slice half the tomato; medium dice the remaining half.



Cook the tempeh:

In a large pan (nonstick, if you have one), heat 2 teaspoons of oil on medium until hot. Add the **coated tempeh** and cook 3 to 4 minutes per side, or until browned and crispy. Transfer to a plate and season with salt and pepper. Wipe out the pan.



Toast the bread:

In the same pan used to cook the tempeh, heat 2 teaspoons of olive oil on medium until hot. Add **2 of the sourdough slices** and cook 1 to 2 minutes per side, or until browned and toasted. Transfer the toasted bread to a work surface. Repeat this process with the **remaining bread slices**.



Make the sandwiches:

Spread a thin layer of **mayonnaise** onto each toasted bread slice. Top 2 of the bread slices with the **sliced tomato**. Season the tomatoes with salt and pepper. Top the tomatoes with the **cooked tempeh**, **avocado** and **whole lettuce leaves**. Complete the sandwiches with the remaining bread slices.



Make & dress the salad:

In a medium bowl, combine the cucumber, diced tomato, chopped lettuce and as much of the Aleppo pepper as you'd like (depending on how spicy you'd like the dish to be). Add 2 tablespoons of olive oil and as much of the shallot-vinegar mixture as you'd like (you may have extra). Season with salt and pepper to taste; toss gently to combine.

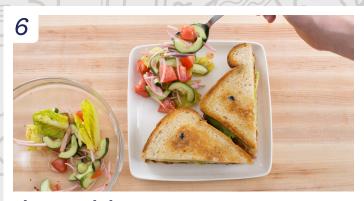


Plate your dish:

Insert **2 toothpicks** into each sandwich. Cut each sandwich in half. Divide the **sandwiches** and **salad** between 2 plates. Enjoy!