

Smoked Tempeh “B.L.T.” Sandwiches

with Tomato & Cucumber Salad

We're serving up a vegetarian version of the B.L.T.—complete with all the frills! You'll coat tempeh in a smoky blend of spices to give the sandwich its signature flavor. In the salad, you'll be using a unique seasoning: Aleppo pepper. This bright, light spice is reminiscent of cumin. We know you'll love its kick in this update of a tried and true diner classic.



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)
- ⅛ Teaspoon Aleppo Pepper
- 4 Frilled Sandwich Toothpicks

Makes 2 Servings

About 700 Calories Per Serving



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Recipe #435

1

*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.

2

*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.

3

*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**.

4

*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.

5

*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.

6

*Plate your dish:*

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