

BBQ Tempeh Sandwiches

with Roasted Potato Wedges & Broccoli

In the U.S., barbecue sauce is one of the most popular condiments. Each region of the country offers its own unique style with differing flavors.

In Texas, barbecue sauce is typically spicy and flavored with peppers, while in South Carolina sauces are traditionally mustard-based. Memphis and Kansas City, on the other hand, are known for a sweeter sauce, which we used in this recipe.



Ingredients

- 8 Ounce Package Tempeh
- 1 Head Broccoli
- 1 Large Bunch Cilantro
- 1 Large Russet Potato
- 1 Red Onion
- 1 Tablespoon Herbes de Provence
- ½ Cup Barbecue Sauce
- 1 Tablespoon Brown Sugar
- 2 Potato Rolls
- 1 Lemon



Makes 2 Servings
About 700 Calories Per Serving

Instructions



1

Prepare your ingredients:

Preheat the oven to 500°F. Wash and dry the fresh produce. Thinly slice the tempeh on an angle. Cut the broccoli into florets. Roughly chop the cilantro. Cut the potato in half lengthwise, then cut each half lengthwise into quarters to make 8 wedges. Peel and thinly slice the red onion.



2

Make the potato wedges:

In a medium bowl, combine the **potato wedges**, about **1 tablespoon of olive oil**, the **herbes de Provence**, and plenty of **salt and pepper**. Toss to coat, then transfer them to a lightly oiled baking sheet in a single layer. Roast in the oven for about 15 minutes.



3

Roast the broccoli:

While the potato wedges roast, drizzle the **broccoli** with about **1 tablespoon olive oil**. Season with **salt and pepper** and toss to coat. Transfer the broccoli to the baking sheet with the potatoes. Roast them together for 8 to 10 minutes (about 25 minutes total for the potatoes), or until the broccoli is browned and the potatoes are completely tender when pierced with a fork.



4

Cook the tempeh:

While the potato wedges and broccoli roast, heat a little olive oil in a medium pan on high until hot. Add the **sliced tempeh** in a single layer, and cook about 2 minutes per side, or until browned. Reduce the heat to medium, then add the **onion**. Cook 6 to 8 minutes, or until softened, stirring occasionally. Stir in the **brown sugar**, **barbecue sauce**, and **2 to 3 tablespoons of water**. Cook 1 to 2 minutes, or until combined. Season with salt and pepper to taste.



5

Toast the rolls:

Lightly drizzle the insides of the **potato rolls** with olive oil. Place the rolls directly on the oven rack to toast for 30 seconds to 1 minute, or until lightly browned. (Keep a close eye on them, they can burn quickly.)



6

Plate your dish:

Place a toasted potato roll on each of 2 plates. Spoon half the **barbecue tempeh mixture** over the bottom halves of each of the potato rolls. Top the tempeh with the **cilantro** and then the top halves of the rolls. Divide the potato wedges and roasted broccoli between the plates. Garnish with **lemon wedges**. Enjoy!