

# Crispy Tempeh Quinoa Cake, Mango Chili Sauce FIT

**Serving size: 1 each**

**Makes 18 servings**

## TEMPEH QUINOA CAKE

- 1 cup Quinoa, dry
- 2 lb Soy Tempeh
- 1 ¾ cup Panko Breadcrumbs, divided
- 2/3 cup Ginger Root, minced
- 6 TBSP Low Sodium Gluten Free Soy Sauce
- 1 cup Fresh Cilantro, chopped
- 1 cup Scallions, finely chopped
- 1 cup Canola Oil

## MANGO CHILI SAUCE

- 1 ½ cup Sweet Thai Chili Sauce
- 12 oz Fresh Mango, peeled, diced
- 1/2 cup Fresh Cilantro, chopped
- 2 TBSP Ginger Root, grated
- 3 TBSP Lemon Juice

## Preparation:

### Crispy Tempeh Quinoa Cake

1. Rinse quinoa under water until water runs clear.
2. Bring 2 cups water to a boil and stir in quinoa. Reduce heat and let simmer for 12 – 15 minutes. Drain any excess water.
3. In a food processor, combine quinoa, tempeh, 1 cup panko, minced ginger, soy sauce, chopped cilantro and diced scallions. Pulse until smooth.
4. Portion into 4 oz balls. Form into patties.
5. In a shallow bowl, add remaining ¾ cup panko breadcrumbs. Press patties into panko to coat.
6. Heat oil in a pan. Pan fry cakes until golden brown and heated through. To serve, top each cake with 2 TBSP of mango sweet chili sauce.

### Mango Chili Sauce

1. Place chili sauce and mangos in a sauce pan and cover. Simmer for 20 minutes until mangos are softened.
2. Let chill. Once chilled, add lemon juice, grated ginger and chopped cilantro.
3. Refrigerate until needed.



*Registered Dietitian Approved!*



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## NUTRITION FACTS PER SERVING

<b>calories</b>	340
<b>total fat (g)</b>	14
saturated fat (g)	1
trans fat (g)	0
<b>sodium (mg)</b>	470
<b>total carbohydrate (g)</b>	41
dietary fiber (g)	5
sugar (g)	14
<b>protein (g)</b>	14