

Grilled tempeh salad with sesame-ginger dressing

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This bold sesame-ginger dressing recipe is perfect with this salad of grilled tempeh, pineapple and crisp snow peas.

Ingredients (serves 4)

- ¼ cup organic orange juice
- 3 tbsp white miso (see Tips)
- 3 tbsp toasted sesame oil
- 3 tbsp rice vinegar
- 2.5cm piece fresh ginger, grated
- 1-2 tsp Asian hot sauce
- 220g package organic tempeh* (see Tips)
- 6 fresh pineapple rings, 1cm thick
- 12 cups greens, preferably Asian mix
- 1 cup sliced, trimmed snow peas or snap peas
- 2 tbsp toasted sesame seeds

Method

Preheat grill to medium-high.

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Whisk orange juice, miso, sesame oil, vinegar, ginger and hot sauce in a bowl.

Oil the grill rack. Grill tempeh until lightly charred, three to five minutes per side. Grill pineapple until marked, one to two minutes per side.

Put salad greens and peas in a large bowl. Coarsely chop the pineapple; add to the bowl. Drizzle the salad with half a cup of the dressing; toss to coat. Divide among four plates or bowls. Thinly slice the tempeh and place in the bowl. Drizzle with the remaining dressing and gently toss to coat. Sprinkle with sesame seeds.

Tip: Miso is a fermented soybean paste that adds flavour to dishes like soups, sauces and salad dressings. White or sweet miso (Shiromiso), made with soy and rice, is yellow and milder in flavour; use for soup, salad dressings and sauces for fish or chicken. Look for it near tofu at well-stocked supermarkets. It will keep in the refrigerator for at least a year.

*Tempeh is a chewy, nutty, fermented soybean loaf. Find it (plain or with added grains) near refrigerated tofu in natural-foods stores and most large supermarkets.

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