

Spicy Italian “Sausage” Scramble

Makes 1-2 servings

What you’ll need...

1 pkg (227g)	organic Tempeh, crumbled using fingers
2 tbsp	extra virgin oil
2-3	garlic cloves, minced
2-3 tsp	Italian seasoning
$\frac{1}{2}$ tsp	sea salt or vegetable bouillon powder
$\frac{1}{2}$ tsp	sweet or smoked paprika
$\frac{1}{4}$ tsp	black pepper
	chili flakes, to taste

What to do...

1. Preheat oven to 375F. Line a baking tray with parchment paper; set aside.
2. In a medium bowl, combine oil, garlic and spices. Add crumbled tempeh; stir to coat in oil. Transfer to prepared baking tray.
3. Roast in center of oven for 10-15 minutes. Stir gently.
4. Return to oven for 10-15 minutes or until golden and crispy.

Italian Seasoning

makes 2 tbsp

What you’ll need...

1 tbsp	dried oregano
2 tsp	dried rosemary
1 tsp	dried thyme
1 tsp	fennel seed, <i>ground</i>

What to do...

1. Grind together all ingredients in a mortar and pestle, spice grinder or magic bullet.