

# The Conscious Kitchen



Want to eat healthier, farm-fresh, sustainable food delivered right to your door? Wish you had more ready-to-eat meals prepped in your fridge? Craving food that is fresh, local, ethically sourced, and in line with your food values? Our aim is to provide the Guelph and surrounding community with all that and more! We are an online shopping hub bringing you zero-waste groceries and prepared meals that align with Guelph's eco-conscious community values.



## Tempeh Chimichurri Bowl

### Chimichurri Sauce Ingredients

- 1/4 cup red onion
- 4 cloves garlic
- 1 chilli pepper
- 1/2 cup red wine vinegar
- 1 1/2 tsp salt
- 3/4 cup cilantro
- 1/2 cup parsley
- 1/2 cup olive oil



In a food processor add the onion, chilli pepper and garlic. Pulse until finely diced. Add the fresh herbs, vinegar, and salt, and continue pulsing. Once you have a fine mixture, pour into a bowl and add the oil. Mix thoroughly.

### Tempeh Ingredients

- 1 block Henry's Tempeh
- 1/4 red wine vinegar
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp paprika
- 1 tsp black pepper

In a jar, mix the marinade ingredients and shake. Cut the tempeh in half horizontally, and then each piece into 4 blocks. Marinate for at least 1 hour.

Brush your tempeh with oil and grill on a non-stick pan or a BBQ until golden on each side. Serve with seasonal steamed veggies, brown rice and a big spoonful of chimichurri.

