

Tempeh Orzilla

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/indonesian-tempeh-goreng-recipe>

Ingredients:

- 8 ounces orzo
- 8 ounces tempeh
- 1 tablespoon olive oil
- 1/2 teaspoon coriander dried
- 1/2 teaspoon anise seed
- 1 tablespoon soy sauce
- 2 teaspoons olive oil
- 1 red onion small, thinly sliced
- 4 cloves garlic minced
- 1/2 cup sundried tomatoes dry ones, not the oil packed kind
- 1/2 teaspoon dried rosemary
- 1 cup wine dry white, wine
- 1/2 teaspoon salt
- black pepper fresh
- 1 cup vegetable broth
- 2 tablespoons nutritional yeast
- 3 cups baby spinach

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 63 grams
3. Fat: 14 grams
4. Fiber: 6 grams
5. Protein: 23 grams
6. SaturatedFat: 2 grams
7. Sodium: 930 milligrams
8. Sugar: 7 grams

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