



Tempeh with Artichokes and Stewed onions



Time: 15 min.

Difficulty: Medium

Ingredients (4 people)

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- Chopped Tomatoes 3x400g 400 g
- Extra Virgin Olive (EVO) Oil as required
- Fresh artichokes 4
- Pepper to taste
- Salt to taste
- Tempeh fresco 400 g
- Yellow onion 1

For this recipe we used:



Preparation

Julienne the onion (not too thin) and let it simmer with EVO oil in a pan. Add stick-cut tempeh and sauté, then add previously drained **Pomi chopped tomatoes** and cook.

Cut the fresh artichokes in very fine julienne and place them in the fridge in a bowl with water and lemon juice.

When the tempeh is ready, season to taste and serve in a soup plate. Carefully drain the cut artichokes and lay them on the tempeh, add a little EVO oil and enjoy the dish.