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Sweet chilli wok with tempeh

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Total time: 20 min

Portions: 2 People

1 red pepper

1 yellow pepper

Clove(s) garlic

4 spring onions

100 g sugar snap peas

1 chilli pepper

1 Pack(s) organic lupin tempeh sweet chilli from Tempehmanufaktur

Oil for frying

125 g mie noodles or soba noodles

4 tb soy sauce

2 tb rice vinegar

2 tb sweet chilli sauce

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1. Wash and roughly chop the peppers, spring onions and mangetout.

2. Dice the organic lupin tempeh sweet chilli. Finely chop the garlic clove and slice the chilli pepper into rings.

3. Place everything together in a wok or large pan and fry on high heat for a few minutes until the tempeh and vegetables start to change colour. Season with soya sauce and rice vinegar.

4. Cook the noodles according to the instructions on the packet.

5. Serve the wok vegetables with noodles and sweet chilli sauce.