

# Low FODMAP Crispy Lemongrass Tempeh with Rice

Developed by Monash FODMAP-trained dietitian Melissa D'Elia (APD)

Serves: 2

Prep: 20 minutes

Cook: 10 minutes



Ingredients	Metric	Imperial
Tempeh	200 g	7.05 oz
Basmati Rice (to serve)		
<b>For the Flour Mix</b>		
1/2 cup Corn Flour	75 g	2.65 oz
Salt & Pepper		
<b>For the Batter:</b>		
3 tbsp Gluten-Free Flour	15 g	0.53 oz
1/3 cup Water	83 g	
1 tsp Powdered Low FODMAP Stock	1.25 g	0.04 oz
1 tbsp Minced Lemongrass		
<b>For the Coating:</b>		
1 1/4 cup Panko Breadcumbs	75 g	2.65 oz
<b>For the Lemongrass Oil</b>		
1 tsp Minced Ginger	5 g	0.18 oz
1 tsp Garlic Replacer	0.3 g	0.1 oz
1/2 tbsp Minced Lemongrass		
2 stalks Spring Onion (green tips only)		
4 tbsp Rice Bran Oil	72 g	2.54 oz

## Method

1. Make the batter by mixing gluten-free flour, water, stock and lemongrass together, set aside.
2. Prep the lemongrass oil mixture by mixing ginger, garlic replacer, spring onion and rice bran oil together and set aside.
3. Coat the tempeh into the flour mix on all sides, then dip into the batter also making sure to coat each side well.
4. Dip the tempeh into the panko breadcrumbs.
5. In a frying pan, heat the lemongrass oil mixture. Once hot, add the tempeh and fry until golden on all sides. Set aside and continue to fry the rest of the pieces.
6. Serve with rice, extra spring onions (green tips only) and optional low FODMAP sweet chilli sauce for dipping.

## Hints

- You can also substitute the tempeh for form tofu!

Nutrition Information (per serve)	
<b>Energy</b>	3210 Kj / 767 cal
<b>Protein</b>	20.00g
<b>Carbohydrates</b>	64.00g
<b>Sugar</b>	1.00g
<b>Total Fat</b>	24.10g
<b>Saturated Fat</b>	4.90g
<b>Fibre</b>	6.00g