

# Crispy Air Fryer Tempeh Kebob

Main Dish • Vegan, Vegetarian

**Source:** Chef Rudolf Elsener

**Serving size:** 4

**Prep time:** 20 mins

**Cook time:** 15 mins



## Ingredients

- 1 package tempeh
- 2 tbsps maple syrup
- 1/4 cup soy sauce (tamari or liquid aminos work too)
- 1/4 cup water
- 1/2 tsp liquid smoke
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp black pepper
- 1 tbsp cornstarch (+ 2 parts cold water)

## Directions

1. Slice tempeh into strips, about 1/2 to 1 inch thick. put on bamboo skewer.

2. Add all the marinade ingredients except the cornstarch to a small mixing bowl and whisk together.
3. Pour over sliced tempeh kebobs and allow to marinate for at least 20-30 minutes.
4. Remove tempeh from marinade and place in the air fryer basket evenly spaced. Cook at 400F for 10-15 minutes. By oven: Place on a lined baking sheet and bake at 350F for about 20 minutes, or until the edges are lightly browned and crispy, flipping halfway through.
5. In a skillet over medium heat, add the leftover marinade. In a small bowl, whisk together the cornstarch with the cold water to form a slurry and add to the marinade. Stir in and bring to a boil.
6. Boil for a minute, then turn down to a simmer and cook for 3-5 minutes until it thickens, stirring constantly.
7. When your tempeh is done, add it into the marinade and stir to coat. The thickened marinade will stick to the cooked tempeh and create a super flavorful sticky coating.

## Nutrition

Amount per serving

Serving size: 1 serving

Calories: 155

Total Fat: 6g

Saturated Fat: 1g

Sodium: 819mg

Total Carbohydrate: 15g

Dietary Fiber: 1g

Sugars: 6g

Protein: 12g