

Tempeh Piccata

1 8-ounce package of tempeh, thinly sliced
4 tablespoons olive oil, divided
1 onion, chopped
2 cloves garlic, minced
Salt
Fresh ground black pepper
1 cup vegetable broth
1 tablespoon cornstarch or arrowroot
2 tablespoons water
3 tablespoons lemon juice
2 tablespoons vegan margarine
2 tablespoons drained capers
2 tablespoons fresh Italian parsley, chopped

Steam tempeh for 20 minutes to remove bitterness.

In large nonstick skillet, heat 2 tablespoons oil over medium-high heat and cook tempeh for about 5 minutes on each side until nicely browned. Transfer to a plate.

In the same skillet, heat remaining 2 tablespoons oil over medium-high heat and sauté onions until soft. Add garlic and cook a few minutes more. Season with salt and pepper. Carefully add broth to the skillet. Reduce heat to medium and let the broth bubble down for 1 to 2 minutes.

Whisk together cornstarch and water in a small bowl and slowly drizzle it into the skillet, mixing continuously until sauce thickens. Add the tempeh and reduce heat to low. Add lemon juice and let simmer for a few minutes, turning the tempeh midway. Turn off heat and stir in margarine, capers, and parsley until margarine is melted and incorporated. Season again with salt and pepper if needed.