

Vegan Tempeh "Chicken" Salad Recipe

🕒 20 mins | Yield: about 3 servings | ★★★★★

What You'll Need

- 1 package tempeh, cut into 1/2 inch cubes
- Water for boiling the tempeh
- 2 tbsp. olive oil
- 3 tbsp. mayonnaise or vegan mayonnaise
- 2 tsp. lemon juice
- 2 tbsp. onion, minced
- 3 stalks celery, minced
- 1 tbsp. dried parsley
- 1/4 tsp. curry powder
- Dash cayenne pepper (optional)

How to Make It

- 01** The first step in preparing this vegan tempeh chicken salad recipe is to prepare the tempeh, since, just like real chicken, it needs to be cooked first and it can't be used raw, even though it will eventually be served chilled.
- 02** To prepare your tempeh, bring a few inches of water to a boil in a pot or large skillet and add the cut tempeh. Allow to simmer for 15 minutes. Drain all of the water.
- 03** Next, heat the two tablespoons of olive oil over medium heat. Add the tempeh and fry the tempeh in the oil for about 5 minutes, stirring frequently to cook the tempeh on all sides. Once the tempeh is cooked, remove the pan from heat and allow to cool.
- 04** Once the tempeh has cooled, In a large bowl, combine the cooled tempeh with the mayonnaise or vegan mayonnaise, the lemon juice, onion, celery, dried parsley, curry powder, and cayenne pepper. Stir to combine well and make sure that the mayonnaise is evenly coating the tempeh.
- 05** Season lightly with salt and pepper. Taste, and adjust seasonings or add a bit

more salt and pepper to taste, if you'd like.

06 Enjoy your tempeh chicken salad on a bed of lettuce, between two lightly toasted pieces of bread or stuffed into a pita bread for a pocket pita sandwich. Looking for the perfect salad recipe? You'll find it amongst these dozens of healthy salad recipes, including green salads, pasta salads, bean salads and more.
