

TEMPEH WITH EGGPLANT & TOMATOES

CREDIT: EMILY WIGHT, WELLFEDFLATBROKE.COM

INGREDIENTS

3 tbsp. vegetable oil, divided	1 tbsp. tamarind paste	1/2 lb Japanese eggplant - halved lengthwise & cut into 1" wide pieces
2 shallots, roughly chopped	1 tbsp. fish sauce	1 1/2 lbs tomatoes, roughly chopped
6 garlic cloves	1 tsp. ground turmeric	1 tsp. coarse salt & 1/2 tsp. pepper
1" piece ginger, peeled & sliced	1 lime leaf	1/2 cup toasted cashews
1 stalk lemongrass	Zest & juice of one lime	Finely chopped scallions
3 tbsp. brown sugar	200g block tempeh, 1" pieces	
2 tbsp. sambal oelek		

DIRECTIONS

Heat one tablespoon of oil in a large pan over medium-high heat. Add the shallots, garlic, ginger, and lemongrass, and cook - stirring occasionally - until browned and slightly charred in places, about three minutes. Pour this mixture into a blender.

To the blender, add brown sugar, sambal oelek, tamarind paste, fish sauce, ground turmeric, lime leaf and lime zest and juice. Blend until pureed. Set aside.

Add the pan back to medium-high heat and add another tablespoon of oil. Cook the tempeh for about two minutes per side, until browned and charred in places. Remove tempeh to a plate lined with paper towel. Add the final tablespoon of oil to the pan. Cook the eggplant in a manner similar to the tempeh - until browned and charred in bits. Another two minutes.

Add the tomatoes to the pan, and add the tempeh back. Reduce heat to medium. Add salt and pepper. Stir the together and cook - stirring occasionally - until sauce has thickened, 10 to 12 minutes. The mixture should resemble a chunky tomato sauce. Stir cashews into the pan, sprinkle with scallions. Serve over rice.

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