



## Stirfry Tempeh and Pinapple with banana, coriander, and lime rice

Tempeh is a high protein (about 20%) vegetarian food. It's made from fermented soya-beans and has a firm texture with a mild flavour (yeast/earthy/milky). It takes up the flavour of marinates well, and tastes a bit like pork when cooked in this recipe. Stella my 8 year old thinks it tastes like bacon.

**Serves: 4, Prep time: 00:30, Cook time: 00:30**

## Instructions

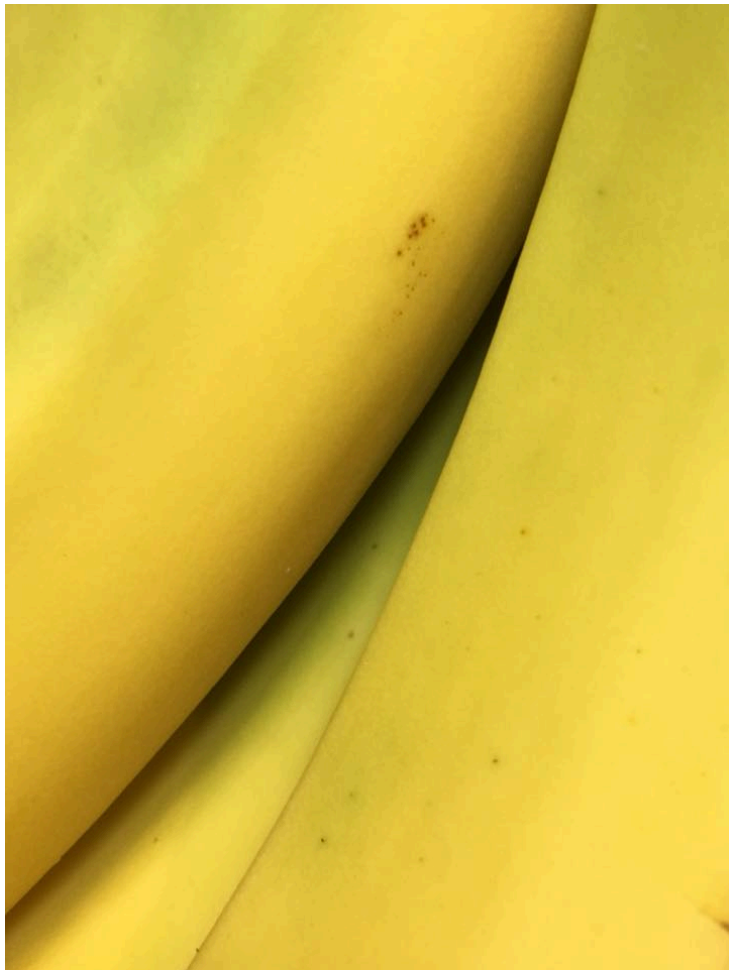
1. Marinate the Tempeh- Dice the tempeh into 1.5cm cubes and place in a non plastic and non metal bowl (glass/ceramic). Add soya sauce, plum sauce, sesame oil, garlic, ginger. Stir and leave in fridge for up to 1hr (several hours if possible)
2. Rinse rice in cold water, then add cooking water (filtered if possible) in double the volume of rice (ie 2 cups rice - 4 cups of water), bring to the boil, then reduce to a simmer, cover with lid and cook for 25-30min till all water absorbed. Cover and keep warm (ie on a very low heat).
3. Add 1 tsp sesame oil (or coconut or olive oil) to the wok or fry pan, and fry tempeh on a med-high heat till well browned/sizzly.

## Ingredients

- 250 grams Tempeh (organic tonzu brand) (9 oz)
- 1 tablespoon Soy sauce, Organic ceres tamari soy sauce
- 2 tablespoon Plum sauce, Barkers central Otago Rich Red Plum
- 1 tablespoon Sesame oil
- 2 tablespoon Garlic (chopped), We use organic from a jar
- 1/2 - 1 teaspoon Ginger root (grated fresh)
- 0.5 Pineapple, Peeled and diced in 2cm chunks
- 2 cups Rice, brown, Black rice works well too
- 1 Juice of 1 lime
- 0.5 cups Coconut, cream, premium
- 0.5 teaspoon Salt
- 2 tablespoon Sesame seed (toasted)
- 1 Banana, yellow, Large ripe

4. Add pineapple and briefly sear and toss till hot (2-3min).
5. Add banana/greens to rice and gently stir, then place in bowls to serve.
6. Pile the cooked tempeh and pineapple on top.
7. Optional garnish - drizzle with a little extra lime juice mixed with coconut milk and sprinkle a few toasted sesame seeds and coriander leaf on top.
8. Eat and enjoy!

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- 1 cups Coriander (cilantro) leaves (roughly chopped)
- 1 cups Spinach, Baby spinach leaf finely chopped