



TEMPEH, GINGER, TURMERIC DAHL

Serves 4

Vegan | Vegetarian

Cook & Prep: 30-45 mins

Check out our website for lots of delicious recipe ideas.



INGREDIENTS:

200g Block impulse Tempeh
1 white onion, chopped
1 1/2 cups red lentils
thumb sized piece of ginger, into matchsticks
4 cloves garlic, minced
2 tsp turmeric
2 tbsp soy sauce or tamari
2 tsp mild curry powder
1 tsp miso paste
1 tin chopped tomatoes
1 tin coconut milk
2 tbsp yogurt (we used alpro soya unsweetened)
Fresh coriander to serve (optional)

METHOD:

- 1) Add the lentils, garlic, soy or tamari, curry powder, miso paste, onion, turmeric, chopped tomatoes, ginger and coconut milk together in a large saucepan.
- 2) Slowly bring to a boil and add the diced tempeh and turn down the temp and simmer for for 15 mins
- 3) Keep stirring gently, not to break up the tempeh and keep the lentils from sticking, add a little water or stock if needed
- 4) Add the yogurt and cook for a further 5 mins
- 5) Serve with fresh coriander and fluffy