



**VEGETARIAN  
EXPRESS**



# Tempeh Green Jungle Curry with Sticky Coconut Rice

## Ingredients

### For the curry:

- 2tbsp vegetable oil
- 2 large shallots, thinly sliced
- 3cm piece fresh root ginger, finely chopped
- 4 sticks lemongrass, outer husks removed, finely chopped
- 1tsp fennel seeds
- 3tbsp Thai green curry paste
- 200g organic tempeh, cut into 2cm cubes
- 4 kaffir lime leaves, finely shredded
- 150g baby sweetcorn
- 120g french beans, trimmed & halved
- 1 turnip, cut into 1cm cubes
- 75g Thai pea aubergines (or one diced aubergine)
- 100g mange tout (sugar snap peas)
- 900ml vegan vegetable stock
- 12 Thai basil leaves
- Can of lychees in syrup, drained

### For the rice:

- 250g freshly cooked jasmine rice
- 100ml coconut cream

*May contain Peanuts and Gluten*

## Method | SERVES 4

- For the curry, heat the oil in a wok, add the shallots, ginger and lemongrass and cook together for 1 minute.
- Add the tempeh and Thai curry paste, stir through and fry for 1 minute to infuse the flavours. Add the vegetables and fennel seeds and cook for a further minute.
- Pour in the stock and bring to the boil.
- Add the lime leaves, half the basil leaves and reduce heat to a simmer. Cook gently for 10-12 minutes or until the vegetables are tender.
- Add the lychees, then heat through for a final minute.
- Meanwhile for the rice, heat the coconut cream in a pan and bring to the boil.
- Add the cooked rice to the coconut cream and mix well. Cook to bind the rice with the milk.
- Place the curry and coconut rice in separate serving bowls.
- Sprinkle the remaining basil leaves over the curry before serving.

## Typical Nutritional Values

	per 100g	serving 618g
<b>Energy</b>	355kJ 85Kcal	2192kJ 525kcal
<b>Fat</b>	4.9g	30.3g
of which Saturated	2.7g	16.7g
<b>Carbohydrate</b>	7.5g	46.4g
of which Sugars	2.2g	13.6g
<b>Fibre</b>	2g	12.4g
<b>Protein</b>	2.7g	16.7g
<b>Salt</b>	0.63g	3.9g

**Suitable for:** Vegan, Dairy free

**Allergens:** Soya, Celery

## Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using Chicken.

<b>CO<sub>2</sub> saving (g)</b>	<b>Land use saving (m<sup>2</sup>)</b>	<b>Water use saving (L)</b>
<b>100</b>	<b>6</b>	<b>590</b>

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.