

Terik Tauhu Tempeh





Ingredients

1 tsp	Garlic
50 g	Shallot
75 g	Fresh turmeric root
1 tsp	Coriander powder
1 tbsp	Brown sugar
1 tbsp	Sunflower oil
½ cup	Low-fat evaporated milk
1	Bay leaf
2 tsp	Lemongrass, bruised and chopped
200 g	Tau kwa (firm soya bean cake), cut into 8 pieces
300 g	Tempeh (fermented soy bean cake), sliced
½ cup	Water
To taste	Salt

Method

1. Place garlic, shallots, turmeric root, coriander powder and brown sugar in a food processor and process into a paste.
2. Heat oil and sauté the blended ingredients until fragrant.
3. Add evaporated milk, bay leaf and lemongrass.
4. Add tau kwa and tempeh and ½ cup water, then simmer until cooked
5. Add salt to taste

Nutritional information	Energy
Total servings 	1100 kcal
Per serving 	275 kcal