

CO-OP MEALS

Dinner in 30

Punjab Eggplant & Tempeh

Recipe by Hannah Brillling
Serves 4

Shopping List:

- 1 cup white basmati rice (no. 30854)
- Light Life Original Tempeh (one package)
- 2 packets Tasty Bite Punjab Eggplant (use only 1 packet to serve 2 people)
- Fresh or frozen vegetable of your choice (frozen peas or okra work well!)

Pantry items:

- Water
- Cooking oil
- Baking dish or tray with high sides
- (Optional) plain yogurt

Prep:

Wash 1 cup of rice in a fine mesh strainer. If using fresh vegetables, prepare as needed.

Slice tempeh into bite-sized pieces (1 inch cubes or 2 inch strips).

Cook:

Combine rinsed cup of rice with 2 cups of water in a lidded sauce pot. Bring to a boil then reduce to simmer for 15 minutes. Remove from heat and keep covered for an additional 5-10 minutes.

Meanwhile, steam fresh or frozen vegetables on the stove-top or in the microwave (over for more).

Add 1-2 tablespoons cooking oil to a skillet over low-medium heat. Once hot, add tempeh pieces. Allow each side to brown, about 5-7 minutes total.

Follow instructions on the Tasty Bite packages to warm. To serve, portion rice into bowls and top with tempeh and Punjab eggplant sauce. Garnish with plain yogurt.

Tips and Hints

From Co-op Nutrition Specialist Hannah Brillling

• Quick-steaming vegetables

A stock pot with steamer basket is a great investment. Steaming on the stove top can evenly and precisely cook vegetables. To use, add about an inch of water to the pot, followed by the basket with vegetables. Bring to a boil and cook for 5-10 minutes.

The microwave provides a quick alternative and is perfect for frozen and canned vegetables. Because of the quick cooking time, microwave-steamed vegetables may retain the greatest amount of nutrients when compared to other cooking methods.

To steam in the microwave, add about a half inch of water to a microwave-safe container (porcelain or Pyrex work well) and cook on high for 4-6 minutes.

With either method, err on the side of checking the vegetables early and adding time in order to prevent over-cooking. Over-cooked veggies don't look or taste as good, plus they lose more nutrients.



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