

Pineapple Curry Tempeh

¼ cup	all-purpose gluten-free flour	14 oz	diced tomatoes
2 tsp	curry powder, divided	3 Tbsp	unsweetened currants or raisins
1 package	tempeh, drained and cut into 1-inch cubes	2 tsp	Asian hot sauce
1 Tbsp	coconut oil, divided	1¾ cup	coconut milk
1 each	green bell pepper, chopped	1 tsp	tapioca flour
1 each	onion, chopped	1/3 cup	fresh cilantro, chopped, divided
2 cloves	garlic, minced	2 Tbsp	fresh lime juice
8 oz	fresh pineapple, cut into ½-inch pieced	1/3 cup	raw unsalted cashews, coarsely chopped



Procedure

- 1 In a medium bowl, combine flour, 1 tsp curry powder, salt and black pepper. Add tempeh, tossing to coat.
- 2 In a large non-stick skillet, heat ½ tsp oil on medium-high. Add tempeh and cook, stirring occasionally, until lightly crisp on all sides, about 5 minutes. Transfer to a plate; return skillet to stove top and reduce heat to medium.
- 3 Add remaining ½ Tbsp oil. Add green pepper, onion and garlic and cook until tender, stirring occasionally, about 3 minutes.
- 4 Stir in pineapple, tomatoes and their juices, currants, remaining 1 tsp curry powder and hot sauce. Bring to a boil; return tempeh to skillet and reduce to a simmer. Cover and cook for 10 minutes.
- 5 In a separate medium bowl, whisk coconut milk and tapioca flour; stir into skillet. Cook, stirring, until thickened and bubbly, about 1 minute. reduce heat to low and simmer for 2 more minutes. Stir in lime juice and half of cilantro.
- 6 Serve, sprinkling with remaining cilantro and cashews, if desired.

Servings: 6

Nutrition Facts

Serving size: 1/6 of a recipe.

Amount Per Serving	
Calories	279
	% Daily Value
Total Fat 14g	22%
Sodium 122mg	5%
Total Carbohydrates 29g	10%
Fiber 5g	20%
Protein 13g	26%

Recipe Type

Vegetarian