

## Tempeh with Wilted Curried Kale

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

### Ingredients:

1 bunch of kale, leaves torn into bite-sized pieces  
3 green onions, chopped  
½ cup cilantro leaves, divided  
2 limes  
Olive oil  
Salt and ground black pepper, to taste  
2-inch piece of lemongrass (the bulb at the bottom of the stalk)  
1-inch piece of fresh ginger, peeled  
½-1 Thai green chili (to taste)  
1 teaspoon ground coriander  
½-1 teaspoon tamari  
½ cup full-fat coconut milk, stirred  
1-2 tablespoons coconut oil  
1 package of tempeh, cut into small pieces

### Method of Preparation:

1. In a large bowl, toss the kale leaves, half of the green onions and all of the cilantro. Squeeze juice of one lime over the salad; add a bit of olive oil, some salt, and pepper. Toss everything together to combine, massaging the oil/lime juice into the kale leaves in order to soften them. Set this portion of the salad aside.
2. Cut three little strips of zest off of the remaining lime and roughly chop. Place them into a mortar and pestle. Thinly slice the piece of lemongrass, ginger, and chili. Add to mortar and pestle. Add coriander and a little salt. Start smashing the ingredients together until they form a chunky paste. Squeeze a bit of lime into the mortar to help aid this process along. Once you have a decent paste, scrape it into a measuring cup and stir in the coconut milk and tamari. Taste and adjust seasoning if needed.
3. Heat coconut oil in a large sauté pan over medium heat. Add remaining green onions and sauté until fragrant, about 30 seconds. Add tempeh pieces and some salt and pepper. Sauté tempeh until all sides are browned and lightly crisp, about eight minutes. It should sizzle and pop. Add a squeeze of lime at the end and toss to coat.
4. Spoon coconut dressing over salad and finish with crispy tempeh pieces.

#### Nutritional Analysis:

Calories: 230  
Carbohydrates: 12 g  
Sodium: 95 mg  
Protein: 14 g  
Fat: 16 g  
Fiber: 1 g