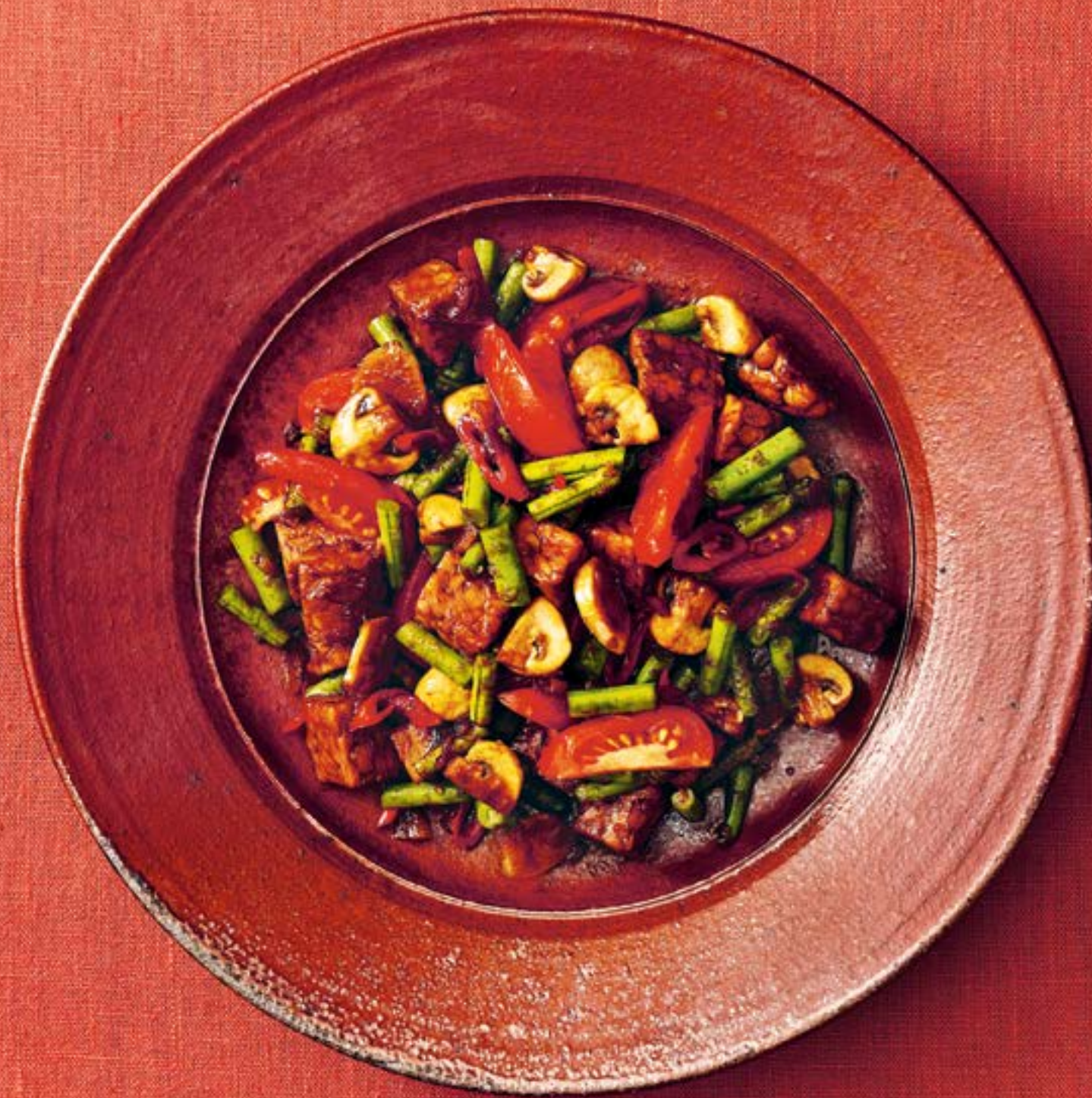


THE INDONESIAN TABLE



PHAIDON

Stir-Fried Tempeh
and Vegetables

Stir-Fried Tempeh and Vegetables

Oseng in the Javanese dialect means 'stir-fry'. As one of my favourite plant-based dishes, this medley of vegetables owes its delightful fragrance to the sliced galangal. Simply sauté the garlic and shallots, then add in the tempeh and cook everything together. It makes for a flavoursome and fuss-free topping for a rice bowl, perfect for a mid-week lunch or dinner option.

Stir-Fried Tempeh and Vegetables

Origin: Java

Preparation time: 15 minutes

Cooking time: 10–15 minutes

Serves 2

- * 2 tablespoons coconut oil
- * 3 cloves garlic, finely chopped
- * 2 large chillies, thinly sliced
- * 1 large banana shallot, finely chopped
- * 10 g/¼ oz galangal, cut into 1-cm/
½-inch slices
- * 250 g/9 oz tempeh, cut into 1-cm/
½-inch cubes
- * 2–3 tablespoons Sweet Soy Sauce
- * 2 salam leaves or bay leaves
- * Salt, to taste
- * 50 g/1¾ oz (1 cup) button (white)
mushrooms, thinly sliced
- 100 g/3½ oz green beans or runner
beans, cut into 2-cm/¾-inch lengths
- * 2 large tomatoes, sliced into wedges
- * ½ teaspoon white pepper
- * Steamed rice, to serve

Stir-Fried Tempeh and Vegetables

Heat the oil in a wok or large frying pan over medium heat. Add the garlic, chillies, shallot and galangal and sauté for 4–5 minutes. Mix in the tempeh, sweet soy sauce, salam leaves and 100 ml/3½ fl oz (scant ½ cup) of water. Season with salt. Bring to a boil, then reduce the heat to medium-low and simmer for 2–3 minutes.

Add the mushrooms and stir-fry for 2–3 minutes until the liquid has reduced by half. Add the green beans and tomatoes and cook for 2–3 minutes until the beans are cooked through. Season with salt and pepper. Discard the galangal and salam leaves, then serve.