

RECIPE

Pan seared tempeh over pinto beans garlic purée

With tomatillo plump salsa and a paladise summer salad

INGREDIENTS

3 pinto bean tempeh
¼ cup olive oil
4 garlic cloves
12 tomatillo
2 ripe paladise plumps sliced
2 Morita chili
1 red onion small diced
1 Roma tomato small diced
2 paladise peaches
2 paladise apricots
¼ cup cilantro chopped
2 lime juice
1 Tbsp white vinegar
6cups vegetable stock

DIRECTIONS

Tomatillo plum salsa :

On a small pot add clean tomatillos 2 garlic cloves the Morita chili and 3 cups of vegetable

SHOPPING LIST

Item 1 pinto bean Tempeh

Item 2 kettle pinto beans

Item 3 apricots

Item 4 tomatillos

Item 5 Morita chili

Item 6 plums

Item 7 Roma tomato

Item 8 cilantro

Items 9 limes

Item 10 vegetable stock

Item 11 garlic

Items 12 olive oil

Item 13 red onion

Item 14 vinegar

stock ,bring to boil let it cook for 2 minutes and blend with plums add salsa to taste

Paladise summer salad

I'm a metal bowl add small diced onion , chopped cilantro , diced tomato's. Peaches and apricots , add honey ,lime juice and vinegar mix well and cool down make this at most 15 min before that way all flavors combine

Pinto purée

One bag of Colorado dry bean kettle pinto bean

I'm one pot sautéed Gallic in till is translucent , add beans 2 cups of vegetable stock

Salt and pepper to taste bring to simmer and blend on the vitamix till smooth

Tempeh :

Cut temple in 6 Equal parts (scallops size) this will give a nice seared on the out side but it will be creamy on the inside

Add seared tempeh to tomatillo plump salsa and simmmer for 10 min make sure you cover the pot to make sure tempeh cooks completely

Platting

4 oz of pinto purée on the bottom of the plate at add 3 Seared Tempeh

Add 2 oz of tomatillo salsa to each tempeh and finished with 1 oz of summer salad on each Tempeh garnish with micro cilantro and pea tendrils