



THE ingles TABLE

with Chef Clarence Robinson
Curry Hempeh

Shopping List

- 1 lb block hempeh
- 1 cup dijon mustard
- ½ cup brown sugar
- 4 tblsp curry powder
- 2 tblsp chili powder
- 2 tblsp minced garlic
- 1 cup cranberries
- ½ cup shredded carrots
- ½ cup bell pepper, sliced
- 6 oz orange marmalade
- ½ cup green onions, sliced
- 3 tblsp olive oil
- Salt and pepper to taste

Cooking Instructions

1) Sprinkle salt and pepper on all sides of hempeh. In a small pan, heat 1 tblsp olive oil and fry hempeh until golden brown on both sides. At the same time, in a separate, large pan, heat 2 tblsp olive oil, then add onions, peppers, carrots, garlic, cranberries.

2) Remove the hempeh from small the pan and allow to cool. Slice in 1/2 inch thick, 2 inch long cubes.

3) Place sliced hempeh pieces into the large pan of cooking vegetables.

4) Add chili powder, curry powder, orange marmalade, dijon mustard, and brown sugar.

5) Cook for at least 5 minutes until veggies are cooked to desired consistency and everything is heated through. Top with sliced green onions and serve.



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