



BUILD-YOUR-OWN BUDDHA BOWL



Summer is the perfect time to tuck into festival and street-food favourites – with no camping required! Try these tasty ideas from the kitchen of pioneering vegan brothers Derek and Chad Sarno, co-founders of Wicked Healthy.

### Build-your-own Buddha bowl ✔

You could have a noodle bowl every night and never exhaust the possibilities. It's great for entertaining too – lay out a table full of options and let your guests create their own signature bowl. Choose options from each taste and texture category to build a perfectly balanced bowl.

#### NOODLES

Dried vermicelli rice noodles or buckwheat noodles: cook *al dente* (follow package directions) and chill  
Dried lo mein, stir-fry or spaghetti wheat noodles: cook *al dente* (follow package directions) and chill  
Courgetti noodles

#### CRUNCHY

Butter lettuce: clean and tear  
Carrots: peel, julienne and rinse  
Peppers: julienne and rinse  
Mangetout: julienne  
Red onion: shave thin, rinse under cold water and chill  
Hothouse cucumber: slice wicked thin into half-moons; toss with sesame oil, rice vinegar, chilli oil, sesame seeds, mint leaves and a pinch of salt; chill  
Celery stalks: slice  
Red cabbage: thinly shave  
Kale: remove the ribs, shred the leaves and rinse  
Asparagus: steam; or brush with toasted sesame oil, salt and pepper and grill, pan-sear, or roast at 200C/fan 180C/gas 6 for 1 minute; cut into 5cm pieces on an angle; chill  
Baby bok choy: chop; sauté in hot skillet with 1 tsp toasted sesame oil, 1 tbsp sliced garlic, and pinch each of salt and pepper until tender yet crunchy, 2 minutes; chill  
Fresh steamed or canned baby corn: rinse

Fresh poached or canned sliced lotus root: rinse  
Fresh steamed or canned sliced bamboo shoots: rinse  
Canned sliced water chestnuts: rinse

#### SHARP

Yellow onion: cut into wedges with root end intact; brush with coconut milk and lime juice and a pinch of salt; grill and chill  
Green onions: slice thin  
Radishes: slice thin, rinse and chill

#### TANGY

Lemon and/or lime: cut into wedges for squeezing  
Pok Pok Som Chinese celery drinking vinegar

#### FUNKY

Plant-based 'fish' sauce  
Local, wild mushrooms: quickly pan-sear

#### HERBAGE

Coriander, mint, parsley, basil and/or Thai basil: clean and pick leaves

#### SPICY

Sriracha sauce  
Dried chilli flakes  
Chilli paste  
Thai chillies: slice

#### SLICK AND SALTY

Ninja tamari glaze (see recipe, right)  
Toasted sesame oil  
Carrot coconut dressing (see recipe, right)

#### GARNISH

Sesame seeds  
Crispy fried garlic or shallots  
Toasted almonds: chopped

## Crowdpleasers

### Ninja tamari glaze

480ml water  
240ml low-sodium tamari  
90g demerara sugar or light brown sugar  
80ml sriracha  
1 tbsp rough-chopped ginger  
1 tbsp rough-chopped garlic  
1 bay leaf  
1 tsp arrowroot or cornstarch  
2 tbsp cold water

- Combine the 480ml water, tamari, sugar, sriracha, ginger, garlic and bay leaf in a medium saucepan. Bring to a simmer over medium heat and simmer for about 5 minutes.
- Whisk the arrowroot with the 2 tablespoons of cold water, then whisk it into the pan. Bring back to a simmer and simmer to cook out the starchy taste, 5–8 minutes. Shut off the heat and let sit for 5 minutes.
- Strain the mixture through a fine-mesh strainer into a chillable container and let cool. Seal and refrigerate for up to 1 month.

### Carrot coconut dressing

240ml fresh carrot juice  
80ml canned coconut milk  
juice of 1½ limes  
2 tbsp toasted sesame oil  
1½ tbsp coconut vinegar  
3 cloves garlic, sliced wicked thin  
1 Thai chilli, sliced wicked thin  
1 tbsp grated fresh ginger  
½ tsp sea salt  
¼ tsp freshly ground black pepper

Mix everything together in a medium bowl or shake in a jar. Taste, and add anything you think it needs. Use immediately or refrigerate for up to 1 day.

# STREET-STYLE SUPPERS

## King satay with spicy peanut-ginger sauce ✔

Meaty king oyster mushrooms make this dish a win-win for meat-eaters and plant-eaters. The mushrooms have long, thick stems that you slice into thick strips, skewer, then roast to make satay. Yes! A creamy, gingery peanut sauce brings it all together.

**Serves 4 as a starter course**  
**Prep 25 mins + cooling and marinating**  
**Cook 40 mins**

**For the mushrooms:**  
 450g king oyster mushrooms  
 5 tbsp vegetable oil  
 60ml water  
 60ml low-sodium tamari or soy sauce  
 1 tbsp agave syrup  
 1 tbsp sriracha or chilli paste  
 1 tsp hot chilli oil

**For the spicy peanut-ginger sauce:**  
 250g smooth peanut butter  
 80ml low-sodium tamari or soy sauce  
 80ml fresh lime juice  
 1 tbsp grated fresh ginger  
 2 cloves garlic, minced or pressed  
 ¼ tsp smoked paprika  
 1 Thai chilli, chopped, or ½ tsp dried chilli flakes  
 120–240ml water

**To serve:**  
 fresh coriander, chopped chillies, lemon or lime wedges

- 1 Slice off the mushroom caps and save for another use (see cook's tip). Trim the bases so the stems are clean. (In the next steps, you'll be pressing the mushroom stems to make them thinner, flatter and more pliable for skewering.)
- 2 Heat a large heavy pan (such as cast-iron) over medium-high heat. When it's hot, swirl 3 tablespoons of the oil in the pan to coat the bottom, then add the mushrooms. After a minute or so, use a second heavy pan or a couple of foil-wrapped bricks to weight down and press/sear the mushrooms. Cook for 2 minutes, then pour the water around the mushrooms. (The steam will help soften them and flatten the round shape into a squarer shape, which is easier to skewer.) Continue pressing for 2–3 minutes, then flip the mushrooms over. When the 'shrooms are tender and pliable, 2–3 minutes longer, remove them to a work surface. Let cool for 15 minutes or so.
- 3 Meanwhile, mix together the remaining 2 tablespoons of oil and the tamari, agave, sriracha, and hot chilli oil to make your marinade.

- 4 When the mushrooms are cool, slice them lengthwise into strips about 5mm thick. Arrange the strips in a single layer on a baking sheet and brush them all over with the marinade, using it all. Let marinate at room temperature for at least 1 hour. Or, if you have time, cover and marinate in the refrigerator for up to 2 days. The longer you marinate, the more flavour you'll get.
- 5 Soak a handful of wooden skewers in water to cover for 30 minutes. When ready to cook, preheat the oven to 180C/fan 160C/gas 4. Thread each strip of mushroom on a skewer, making as many ribbon folds as possible without breaking the mushroom. Place the skewers on a baking sheet and bake in the hot oven until lightly browned, 20–30 minutes.
- 6 For the sauce, combine all the ingredients in a blender and buzz it all up until smooth. For a thicker sauce, use less water; use more to make it thinner.

- 7 Drizzle a little sauce over the skewers before serving with the remainder on the side for dipping. Garnish with fresh coriander, chopped chillies, and lemon or lime wedges for squeezing.
- PER SERVING 576 cals, fat 47g, sat fat 9g, carbs 16g, sugars 11g, protein 20g, salt 4.83g, fibre 4g

## Banh mi with lemongrass tofu and ginger aioli ✔

It drives us bonkers when banh mi are made with stiff-crust French baguettes. That tough crust rips the roof of your mouth, and the bread's so firm it squishes out the filling. You want soft bread for banh mi. Crispy, but thin crust. That's what a Vietnamese-style baguette is all about, and if you can find it, you'll have yourself a killer sandwich. A sub sandwich roll also works. Either way,



KING SATAY WITH SPICY PEANUT-GINGER SAUCE

**COOK'S TIP**  
 Sauté the leftover mushroom caps, toss with tamari and add to your favourite noodle bowl



BANH MI WITH LEMONGRASS TOFU AND GINGER AIOLI

the bread should lovingly cradle the mix of tart, sweet, salty, spicy, creamy and crunchy ingredients inside.

**Makes 4 sandwiches**  
**Prep 30 mins + marinating and pressing**  
**Cook 1¼ hrs**

**For the baked lemongrass tofu:**  
 1 block (400g) extra-firm tofu  
 120ml prepared lemonade or orange juice  
 60ml agave syrup  
 3 tbsp tamari or soy sauce  
 3 tbsp rice vinegar  
 2 tbsp thinly sliced lemongrass (use a mandolin)  
 1 small red chilli, sliced into thin rounds  
 ½ tbsp grated or zested fresh ginger

4 small (15cm) Vietnamese-style baguettes or sub sandwich rolls  
 ginger aioli (see recipe, right)  
 pickled carrots and chillies (see recipe, right)

½ avocado, stoned, peeled and sliced  
 handful of fresh coriander sprigs  
 a few drizzles of sriracha

- 1 Press the tofu like a sandwich between paper towels and plates weighted down with a heavy book. Let it press for at least 10 minutes or up to 1 hour. (Pressing gives tofu a firmer texture and helps it absorb more marinade.)
- 2 Preheat the oven to 170C/fan 150C/gas 3.
- 3 Slice the pressed slab of tofu lengthwise into 6–8 thinner slabs, each about 5mm thick. Mix the lemonade, agave, tamari, vinegar, lemongrass, chilli and ginger in a baking dish large enough to hold all the tofu slabs in a single layer (a 32 x 23cm dish works well). Place the tofu in the marinade and flip each slab to coat completely. Bake for 45 minutes.
- 4 Use a spatula to carefully flip each slab, then continue baking until the marinade is completely absorbed but not burning,

### Ginger aioli

50ml dairy-free mayonnaise  
 3 tbsp minced pickled ginger (pink or white)  
 1 tbsp fresh lime juice  
 1 tbsp finely chopped fresh coriander  
 ½ tsp sea salt  
 black pepper

Mix everything together in a small bowl. It will keep refrigerated for 4 days.

### Pickled carrots and chillies

2 small carrots  
 2 small jalapeño or serrano chillies  
 2.5cm peeled fresh ginger  
 1 clove garlic, peeled  
 3 tbsp rice vinegar  
 3 tbsp agave syrup  
 1 tsp sea salt

- Use a mandolin to slice the carrots, chillies, ginger and garlic into wicked-thin rounds. Or cut the carrots into thin julienne strips to switch it up.
- Whisk the vinegar, agave and salt in a shallow bowl, then stir in the vegetables. Let sit at room temperature until you're ready to assemble the sandwiches, at least 1½ hours or – better yet – overnight. This dish will keep refrigerated for 1 week.

another 20–30 minutes. Check a couple of times because the residual marinade will burn once it evaporates. Burning is bad here. Let cool in the baking dish.

- 5 When cool, cut the tofu diagonally into triangles. This whole process can be done a few days ahead. Just chill the baked tofu triangles in the fridge.
  - 6 To assemble, slice the baguettes or rolls lengthwise to open them up, leaving the two halves attached. For each sandwich, spread a generous amount of aioli on both bread halves. Layer on 3–4 slices of tofu, some pickled carrots and chillies, and sliced avocado. Garnish with a few coriander sprigs and drizzle with sriracha.
- PER SANDWICH 547 cals, fat 21g, sat fat 3g, carbs 66g, sugars 23g, protein 21g, salt 3.92g, fibre 5g



Recipes adapted from *The Wicked Healthy Cookbook* by Chad Sarno, Derek Sarno and David Joachim (Little Brown, £20). Photography by Eva Kosmas Flores.



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