

## Gado-gado

This exotic-tasting dish is a well-balanced and satisfying meal. To avoid cooking, try making the salad with sliced tomatoes and cucumbers instead of beans or broccoli and carrots.

4 free-range organic eggs  
150g green beans or broccoli, cut into bite-sized florets  
250g carrots, cut into batons  
150g cabbage, sliced  
½ red capsicum, deseeded and sliced  
100g mung bean sprouts  
200g tempeh or tofu, sliced into rectangular strips about 0.5cm thick  
*Satay sauce* (see below)

Hard-boil the eggs. (It will take about 8 minutes from when they come to a boil.)

In a separate saucepan of boiling salted water, blanch green beans and carrots in two separate batches.

Mix blanched green beans and carrots with the cabbage, capsicum and mung bean sprouts.

Pan-fry tofu slices in a little coconut or sesame oil until golden. Slice when cool.

Peel and cut eggs in quarters lengthwise.

Divide mixed vegetables between 4 individual plates. On top of each, arrange tofu slices and egg quarters. Drizzle on plenty of *Satay sauce*, served warm or at room temperature.

**SERVES 4**

We usually have sprouts in the refrigerator where they will keep for a week or so. Our favourites are lentils and mung beans. Here's how to sprout beans:

1. **SORT:** Check the beans before use and remove any obviously malformed or discoloured beans.
2. **SOAK:** Place beans in a bowl and cover with plenty of water. Leave overnight.
3. **DRAIN:** Rinse sprouts at least once a day and drain thoroughly.
4. **EAT:** As a general rule, wait until the sprout tail is about as long as the seed itself. When the tips of the sprouts are starting to go green, transfer them to an airtight container and store in the refrigerator.

## Satay sauce

Our version of satay sauce is made simply in a blender without cooking. In addition to its starring role in Gado-gado, try serving it over grilled fish or with chicken skewers.

1 tablespoon red curry paste (more or less)  
100ml coconut milk  
1 tablespoon shoyu  
1 tablespoon lemon juice  
4 tablespoons (60g) peanut butter  
2 tablespoons grated palm sugar or whole cane sugar

Put all ingredients in a blender and process until smooth.

Adjust seasoning to taste. Add more curry paste if you want extra spiciness.

**MAKES 1 CUP**

Some nutritionists believe soy products are a wonderful source of low-fat protein while others consider them unsuitable due to high levels of substances that interfere with protein digestion. However, proper fermentation prevents this problem. We recommend you minimise your intake of unfermented soy products, such as tofu and soy milk, and products with added soy protein. Fermented soy products, including tamari, miso, natto, and tempeh, can be safely consumed on a regular basis. Cheaper brands of shoyu are not fermented – check labels carefully before buying.



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