HEARTY & GROUNDING

Jade Dumplings with Bok Choy and Shiitake

PREP	COOK	SERVES
50 min	12 min	4 (about 24 dumplings)

Vegetarian

Crisp-bottomed dumplings filled with bok choy, shiitake and ginger.

Ingredients

Filling

- 250 g bok choy, very finely chopped
- 1 tsp salt
- 150 g shiitake mushrooms, finely chopped
- 1 small carrot, grated
- 2 spring onions, finely sliced
- 2 garlic cloves, minced
- 1 tbsp grated fresh ginger
- 1 tbsp soy sauce
- 1 tsp toasted sesame oil
- 1 tsp cornflour

To assemble

- 24 round dumpling wrappers
- 1 tbsp neutral oil for frying
- 60 ml water

Dipping sauce

- 3 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tsp chili oil (or to taste)

Method

1. Toss the bok choy with the salt and leave for 10 minutes. Squeeze it out in a clean tea towel until really dry.
2. Fry the mushrooms in a dry pan for 4 to 5 minutes until the moisture has gone. Let cool.
3. Mix the bok choy, mushrooms, carrot, spring onions, garlic, ginger, soy sauce, sesame oil and cornflour.
4. Place a teaspoon of filling in the middle of a wrapper. Wet the edge with a fingertip of water, fold in half and pinch shut, pleating if you like.
5. Heat the oil in a wide non-stick pan with a lid. Place the dumplings flat side down and fry for 2 minutes, until golden.
6. Pour in the water, cover immediately and steam for 5 minutes. Remove the lid and cook for a minute more until the bottoms are crisp again.
7. Mix the dipping sauce and serve alongside.

Cook's tip

Squeeze the bok choy until it is properly dry, because wet filling makes the wrappers tear. Uncooked dumplings freeze well on a tray, then in a bag, and can be cooked from frozen with 2 extra minutes of steaming.

FRESH & COOL

Lemongrass Chicken Noodle Bowls

PREP	COOK	SERVES
35 min	15 min	4

Caramelised lemongrass chicken over cool rice noodles, crunchy vegetables, herbs and a sharp lime dressing.

Ingredients

For the chicken

- 600 g boneless chicken thighs, thinly sliced
- 2 lemongrass stalks, tender part only, finely chopped
- 3 garlic cloves, crushed
- 2 tbsp fish sauce
- 1 tbsp sugar
- 1 tbsp oil
- 1 tsp black pepper

For the dressing

- 3 tbsp lime juice
- 2 tbsp fish sauce
- 1 tbsp sugar
- 1 small red chili, finely chopped
- 1 garlic clove, crushed
- 4 tbsp warm water

For the bowls

- 250 g dried thin rice vermicelli
- 1 cucumber, cut into matchsticks
- 2 carrots, cut into matchsticks
- Lettuce leaves, shredded
- A big handful of mint, coriander and basil
- 4 tbsp roasted peanuts, crushed

Method

1. Mix the chicken with the lemongrass, garlic, fish sauce, sugar, oil and pepper. Leave to marinate for at least 30 minutes, or up to 4 hours in the fridge.
2. Whisk the dressing ingredients together, stirring until the sugar dissolves.
3. Cook the vermicelli according to the packet, rinse under cold water and drain well.
4. Heat a large frying pan until very hot and fry the chicken in two batches for 4 to 5 minutes, until caramelised at the edges and cooked through.
5. Divide the lettuce, noodles, cucumber and carrots between four bowls. Top with the chicken and herbs.
6. Spoon over the dressing and finish with crushed peanuts.

Cook's tip

Fry the chicken in batches. A crowded pan steams the meat instead of caramelising it.

FRESH & COOL

Sesame Green Beans with Garlic

PREP	COOK	SERVES
5 min	10 min	4

Vegan Vegetarian

Snappy green beans tossed in a hot pan with garlic, soy sauce and toasted sesame. Ready in fifteen minutes and vegan.

Ingredients

- 400 g green beans, trimmed
- 1 tbsp neutral oil
- 2 garlic cloves, finely sliced
- 1 tbsp soy sauce
- 1 tsp toasted sesame oil
- 1 tbsp sesame seeds, toasted
- A pinch of chilli flakes (optional)

Method

1. Bring a pan of salted water to the boil and cook the beans for 3 minutes. Drain and rinse under cold water so they stay bright green.
2. Heat the oil in a large frying pan or wok over high heat.
3. Add the beans and fry for 2 to 3 minutes until blistered in places.
4. Add the garlic and fry for 30 seconds, until fragrant but not burnt.
5. Stir in the soy sauce and sesame oil and toss for 30 seconds.
6. Scatter over the sesame seeds and chilli flakes and serve straight away.

LIGHT & SWEET

Coconut Rice Pudding with Fresh Mango

PREP	COOK	SERVES
10 min	35 min	4

Vegan Vegetarian

Creamy vegan rice pudding simmered in coconut milk with vanilla, topped with juicy mango and toasted coconut.

Ingredients

For the pudding

- 150 g pudding or short-grain rice
- 400 ml can full-fat coconut milk
- 500 ml oat milk or other plant milk
- 3 tbsp sugar
- 1 vanilla pod, split, or 1 tsp vanilla extract
- A pinch of salt

To serve

- 1 ripe mango, diced
- 2 tbsp toasted coconut flakes
- Zest of 1 lime

Method

1. Rinse the rice under cold water and drain.
2. Put the rice, coconut milk, plant milk, sugar, vanilla and salt in a heavy pan and bring to a gentle simmer.
3. Cook over low heat for 30 to 35 minutes, stirring often, until the rice is tender and the pudding is thick and creamy.
4. Remove the vanilla pod. If the pudding is too thick, stir in a splash of plant milk.

5 Spoon into bowls and top with mango, toasted coconut and lime zest. Serve warm or chilled.

Cook's tip

The pudding thickens as it cools. Loosen it with a little plant milk if you serve it cold.

FRESH & COOL

Jasmine Iced Tea with Peach

PREP
10 min

SERVES
4 glasses

Vegan | Vegetarian

Cold-brewed jasmine tea with ripe peach and a little sugar. Floral, cool and very easy.

Ingredients

- 4 jasmine tea bags, or 4 tsp loose jasmine tea
- 1 litre cold water
- 2 ripe peaches, sliced
- 2 tbsp sugar or maple syrup, or to taste
- Juice of 1/2 lemon
- Ice
- Mint sprigs, to serve

Method

1. Put the tea into a large jug with the cold water and leave in the fridge for 6 to 8 hours or overnight.
2. Remove the tea bags or strain out the leaves.
3. Muddle half of the peach slices with the sugar and lemon juice in the bottom of a jug or glasses.
4. Pour in the tea and stir until the sugar dissolves.
5. Serve over ice with the remaining peach slices and a sprig of mint.

Cook's tip

Cold brew for no more than 8 hours. Longer than that and even jasmine tea starts to taste bitter.