

# Rice noodles salad



Rice noodles salad

## For 4 servings:

250 g rice noodles

1 lettuce

4 carrots

5 green onions

1 fennel

10-15 radishes

1 big cucumber (or 5-6 small)

chili, to taste (optional)

3-4 tablespoons sesame seeds

5 tablespoons soy sauce

the juice of one lemon (or 3 tablespoons rice vinegar)

1 cm ginger, grated

2 cloves of garlic, mashed

Prepare the rice noodles as directed on the package. Drain and set aside.

Chop all the vegetables finely.

Prepare a dressing mixing the soy sauce, lemon juice (or rice vinegar), ginger and garlic.

Mix all ingredients in a bowl. Garnish with fennel leaves.

Serve with [Sticky 5 spices tempeh](#)



Rice noodles salad

*Variation:* instead of lettuce you can use (Chinese) cabbage

*Note:* for weight loss use less noodles

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## Sticky 5 spices tempeh



**For 4 servings:**

350 g tempeh

4-5 tablespoons soy sauce

3 tablespoons Chinese 5 spices

4-5 tablespoons sweet chili sauce

3-4 tablespoons sesame seeds

4-5 tablespoons oil, for frying

Mix the soy sauce and spices.

Cut the tempeh into slices approx. 1-1.5 cm thick. Pour the mix over tempeh, spread evenly and leave to marinate, in the fridge, for a few hours.

Heat the oil in a pan and add the tempeh. Fry on both sides until brown. Pour the sweet chili sauce and add the sesame seeds, stir to evenly cover the tempeh.



Sticky 5 spices tempeh

*Tip:* Serve with rice noodles salad.



Sticky 5 spices tempeh

*Note:* for weight loss bake the tempeh in oven, without oil.

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# Raw spring rolls



Raw spring rolls

For 10 pieces:

10 rice paper sheets

200 g vegetables: carrot, cabbage, cucumber, green onion, bell pepper (red), cut julienne

1 cm ginger, grated

1 clove of garlic, mashed

2 tablespoons fresh lemon juice

2 tablespoons soy sauce

2 tablespoons fresh cilantro (or parsley), finely chopped

Prepare a marinade of soy sauce, lemon juice, garlic and ginger. Add the vegetables and mix well.

Prepare the rice paper sheets as directed on the package. Place 1-2 tablespoons of vegetable mix along edge of the sheet, fold over until ingredients are covered, fold in each side and roll up.

Serve with chili sauce or soy sauce with garlic.

Variation: can also use different vegetables: soy sprouts,

lettuce, avocado, etc. and smoked tofu.



Raw spring rolls

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## Quinoa goreng



Quinoa goreng

### Per serving:

50 g quinoa

300 g vegetables: carrot, onion, leek, sweet pepper, green beans, peas, broccoli, cabbage, cauliflower, celery, zucchini, etc.

1 cm ginger, grated (or 1 teaspoons ginger powder )

1 teaspoon coriander powder  
2 garlic cloves, diced  
chilli/chili powder, to taste (optional)  
2 tablespoons soy sauce  
1/2 tablespoon oil

Cook the quinoa as indicated on the package.

Cut all the vegetables into cubes or slices. Cook the green beans apart for 7-10 minutes and drain.

Heat the oil in a wok and add the vegetables gradually, beginning with the ones which take longer to cook. Add a little bit of water (not too much), the ginger, the garlic and the coriander powder. Stir fry for about 5-6 minutes. The vegetables should be crunchy.

Finally add the soy sauce, mix well then add the cooked quinoa.

Serve with peanut sauce and sweet-sour pickles .

Peanut sauce

200 ml unsweetened soy milk  
1 teaspoon ginger powder  
1 teaspoon coriander powder  
2-3 tablespoons soy sauce  
4-5 tablespoons peanut butter

Preheat the soy milk in a saucepan, add all the ingredients, mix it well until peanut butter is incorporated and let it cook for about a minute. The composition should have the consistency of a thick sauce otherwise add a little bit more peanut butter. After cooling the sauce continues to thicken.