

Gado Gado

This low-GI salad is a different kind of dish to take to a barbecue or picnic. It is also a complete and balanced summer meal. The dressing makes this a special dish.

Salad

- 1 cup carrot sticks
- 1 cup small cauliflower florets
- 1 cup small broccoli florets
- 1 cup green beans
- 12 asparagus spears
- 1 cup cabbage, finely shredded
- 1 cup celery, finely sliced
- 2 cups bean sprouts
- ½ cup cucumber, finely sliced
- 4 eggs, hard-boiled and quartered, or
4 x 1 cm slices firm tofu, cubed

Dressing

- 1 dess. olive oil
- 1 tsp sesame oil
- 1 tsp ground cumin
- 1–2 cloves garlic, minced
- ½ onion, finely diced
- 1 tbsp ginger, grated
- ½–2 red chillies, finely diced (optional)
- 1 cup hot vegetable stock
- 1 cup roasted unsalted peanuts,
almonds, hazelnuts or cashews
- 1 tbsp tamari
- 1 tbsp honey
- ½ cup tahini, hummus, mashed chick
peas or cooked soy beans

Steam or blanch carrots, cauliflower, broccoli, beans and asparagus until cooked but still crisp. On 4 plates, arrange the vegetables and eggs. Heat the olive and sesame oils in a wok or frypan. Add cumin and cook for 1 minute until fragrant, then add the garlic, onion, ginger and chilli, and cook gently until soft. Remove from heat. Process together vegetable stock, nuts, tamari, honey and tahini, then add contents from wok and process until smooth. Pour over arranged salad.

Serves 4

