



## Lemongrass Chicken Stewers

Total yield : 10 Stewers

### Ingredients

#### Chicken Skewers:

- 1 TBSP vegetable oil
- 2 TBSP soy sauce
- 2 TBSP fish sauce
- 1 TBSP sesame oil
- 1 TBSP brown sugar
- 2-3 garlic cloves
- 2 stalks lemongrass, cut into 3-inch pieces
- 1 small onion
- 2 lbs. boneless, skinless, chicken breast (or thighs), cut into 1.5-inch-thick cubes
- 1 TBSP green onions, finely chopped for garnish

#### Peanut Dipping Sauce:

- 2 TBSP hoisin sauce
- 1 TBSP peanut butter
- 1 ½ TBSP water
- ½ TBSP fresh lime juice
- ½ TBSP liquid honey

### Directions

1. In a blender or food processor, add all marinade ingredients (vegetable oil, soy sauce, fish sauce, sesame oil, brown sugar, garlic, lemongrass, and onion) and mix for 1 minute until smooth.
2. Place cubed chicken into a large mixing bowl and pour the marinade on top. Toss well and coat. Cover and refrigerate for at least 1 hour.
3. Preheat the oven to 425 degrees.
4. Thread 4-5 pieces of cubed chicken on each skewer.
5. Place the marinated chicken skewers on a parchment lined baking sheet on a lightly oiled roasting rack in a baking pan. Bake for 15 minutes until golden brown.
6. Prepare the peanut dipping sauce. In a medium mixing bowl, combine hoisin sauce, peanut butter, water, lime juice, and honey. Stir well with a spoon and mix until sauce is smooth and uniform.
7. Broil on high for 2-3 minutes until nicely charred on the edges.
8. Once the chicken is cooked, let it rest at room temperature for 5 minutes.
9. Serve warm with peanut dipping sauce and garnish with green onions.

## Vietnamese Salad Roll

Total yield: 6 Salad Rolls

### Ingredients

#### Salad Rolls:

- 9 large shrimp, peeled and deveined
- 1 cup thin rice vermicelli noodles
- 6 (8.5 inch) rice wrappers
- 1 cup carrots, shredded
- $\frac{1}{3}$  cup cilantro, loosely chopped
- 3 TBSP fresh basil, chopped
- 3 TBSP fresh mint, chopped
- 3 cloves garlic, minced
- 3 TBSP fish sauce
- 2 TBSP lime juice
- 1 TSP chili garlic sauce
- 2 TBSP sugar
- $\frac{1}{2}$  cup water

#### Vietnamese Sauce:

### Directions

1. **Prepare shrimp** - Bring a pot of water to a boil over high heat and add shrimp. Cook for 5 minutes. Remove and run it under cold water to cool down. Once cool enough to handle, slice in half.
2. **Vermicelli Noodles** - Bring a pot of water to a boil over high heat and add vermicelli noodles. Cook for 2 minutes until soft. Transfer the noodles to a bowl with a strainer to completely drain out any water.
3. **Rice Wrappers** - Fill a large shallow bowl with warm water, about 1 to 2 inches high. Take one wrapper at a time and quickly dip it into the warm water for one second, or according to package directions. Shake off excess water. The wrapper will start to soften and feel a bit sticky. Transfer the wrapper onto a clean dry flat surface.
4. **Assemble Salad Rolls** - Place 2 TBSP of vermicelli noodles in the center of the wrapper into a log shape, leaving 2 inches of space on each side. Place 3 pieces of shrimp, pink side down, on a row above the noodles. Add 2 tablespoons of shredded carrots in a row underneath. Place 1 tablespoon of cilantro,  $\frac{1}{2}$  tablespoon basil and  $\frac{1}{2}$  tablespoon mint on top of the shrimp.
5. **Wrap Salad Rolls** - From the bottom, roll the wrapper up tightly but gently so you don't tear it. Roll it up halfway over top of the noodles, then fold over the left and right sides inward. Continue to tightly roll the wrapper to seal the mixture inside. If the wrapper doesn't feel soft and pliable, apply some water to your fingers and to the wrapper to help it soften.
6. **Vietnamese Sauce** - Combine the garlic, fish sauce, lime juice, chili garlic sauce, sugar, and water in a small bowl. Mix well. Taste some of the sauce to ensure its seasoned to your liking. If you want it to taste sourer, add more lime juice. If you want it to taste sweeter, add more sugar.



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## *Vegan Chocolate Avocado Mousse*

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Total yield:

### **Ingredients**

- 1 avocado
- 4 pitted dates, soaked for 15 minutes
- ¼ cup raw cacao powder
- ¼ cup non-dairy milk
- Pinch of salt (optional)

### **Directions**

1. Add all ingredients to a food processor and blend until completely smooth.
2. Spoon into serving dishes and top with your favourite ingredients.



- 1 TBSP vegetable oil
- 2 TBSP soy sauce
- 2 TBSP fish sauce
- 1 TBSP sesame oil
- 1 TBSP brown sugar
- 2-3 garlic cloves
- 2 stalks lemongrass,
- 1 small onion
- 2 lbs. boneless, skinless,  
chicken breast (or thighs)
- 1 TBSP green onions,
- 2 TBSP hoisin sauce
- 1 TBSP peanut butter
- 1 ½ TBSP water
- ½ TBSP fresh lime juice
- ½ TBSP liquid honey
- 9 large shrimp
- 1 cup thin rice vermicelli noodles
- 6 (8.5 inch) rice wrappers
- 1 cup carrots, shredded
- ⅓ cup cilantro
- 3 TBSP fresh basil,
- 3 TBSP fresh mint,
- 3 cloves garlic
- 3 TBSP fish sauce
- 2 TBSP lime juice
- 1 TSP chili garlic sauce
- 2 TBSP sugar
- ½ cup water
- 1 avocado
- 4 pitted dates, soaked for 15 minutes
- ¼ cup raw cacao powder
- ¼ cup non-dairy milk
- Pinch of salt