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# AROUND THE WORLD WITH

*Vegan Vietnamese with Ana*





# Fried Rice with tofu bacon

♥ DATE: 25 AUGUST 2018

## ♥ INGREDIENTS

- 1 cup uncooked rice
- 200-250g of medium-hard tofu
- 1 cup mixed frozen mixed vegetables
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 tbs raw sugar
- 1/2 tbs salt
- 3 tbs soy sauce
- 1 tbs maple syrup
- 1 tbs nutritional yeast
- 1/2 tsp liquid smoke (optional)
- 3 spring onions, finely sliced (optional)
- 3 tbs olive oil

## ♥ METHOD

- 1 Cook rice according to packet directions. Fried rice works best with old rice so leave it out to dry up if possible (overnight works best). Marinate tofu with 1 tbs olive oil, 1 tbs soy sauce, maple syrup, liquid smoke and nutritional yeast.
- 2 Heat up 1 tbs olive oil on a pan on medium high heat and cook onions until they start to sweat. Add garlic and cook for 30 seconds. Add tofu and cook until it starts to brown if cooking in pan (optional: bake in oven at 180c until brown for 20-30 mins). Then add frozen mixed vegetables and cook until completely defrosted.
- 3 Add 2 tbs soy sauce (or more to taste), sugar, and salt. Add more to taste and then remove vegetable and tofu from pan. Heat up 1 tbs olive oil on high heat on the same pan and add rice. Break up the rice and stir so that the oil mixes through.
- 4 Add the vegetables and tofu back in and stir until everything is evenly mixed. Add spring onions in if you're including them. Serve with some sriracha sauce if you like it spicy and enjoy!









# Spring Rolls



DATE: 25 AUGUST 2018



## INGREDIENTS

200 g grated carrots  
200 g grated taro  
40 g bean vermicelli (super fine rice noodles, soaked until separated and roughly chopped)  
1 handful of soaked wood ear fungus, chopped  
200 g red onion, finely chopped (by hand)  
2 packets of small spring roll wrappers  
1/2 tsp tapioca starch  
3 tbs water  
Salt, sugar and pepper to taste



## METHOD

- 1 Mix everything together (except for the wrappers) until combined. Add salt, sugar and pepper to taste. Once the filling is mixed, you need to roll immediately otherwise the filling will go soggy.
- 2 Make the spring roll glue by mixing tapioca starch and water in a small bowl and microwaving for 1 minute. Cut 1/4 of the wrappers into four to make small squares.
- 3 To roll a spring roll, place a spring roll wrapper on a board in front of you in a diamond shape. Dab 1 dot of glue in the centre and place a small square on it (this will stop the spring roll from breaking when frying).
- 4 Place 1 tsp of filling in the centre of the wrap. Dab 1 dot of "glue" with your finger on each corner. Fold the corner closest to you over the filling and press down. Then, fold the left and right sides in. Your spring roll should look like an open envelope.
- 4 Start rolling from the bottom until the top corner seals the roll. Repeat until all filling and wrappers are gone! Deep fry until golden and serve with vegan fish sauce or sweet chilli sauce.

# BBQ Pulled Jackfruit Banh Mi



DATE: 25 AUGUST 2018



## INGREDIENTS

1 can young jackfruit in brine, chopped  
1 cup vegetable stock  
1 small onion, diced  
1 tbs olive oil  
1/2 cup Spicy Bulgogi sauce (or BBQ marinade of your choice)



## METHOD

- 1 Preheat oven to 250 degrees. Heat oil on pan on medium-high heat and cook the onions until brown. Add the jackfruit pieces and stir to combine. Add vegetable stock and let simmer for about 10 mins or no liquid is left.
- 2 Mash jackfruit until pieces resemble pulled pork and add to a baking tray lined with baking paper. Make sure it is evenly spread to ensure consistent cooking and put in oven for 10 minutes. Add BBQ marinade and mix evenly and return to oven for another 15 minutes.
- 3 Add to whatever meal you want! It is so versatile so you can make tacos, wraps, burrito bowls, banh mi, anything! For banh mi, serve in a Vietnamese bread roll with vegan mayo, pickled carrots and radish, cucumber, coriander, spring onion, fresh chilli and soy sauce/hoisin sauce.



# Grilled Pork Rice Paper Rolls

♥ DATE: 25 AUGUST 2018

## ♥ INGREDIENTS

- 1 packet (80 g) dehydrated vegan soya slices
- 3 tbs soy sauce
- 1/4 tsp five spice (The five spice you find at asian grocers are much stronger than the ones at Coles and Woolies so add 1/2 tsp if you have them)
- 1 tbs olive oil
- 1/2 tbs raw sugar
- 2 small shallots, finely chopped
- 2-3 garlic cloves, crushed
- Salt to taste
- Frying oil
- 1 jar hoisin sauce
- 2 jars water (after you empty hoisin sauce)
- 2-3 tbs sugar
- 1 tbs tapioca starch (mix with water so it doesn't clump)
- 3 garlic cloves, finally chopped
- 1 tbs olive oil

# with homemade Hoisin sauce

## ♥ METHOD

- 1** Rehydrate soya slices in water for 30 minutes. Squeeze water out of slices after 30 minutes and shallow fry in pan until golden.  
  
Marinate slices with soy sauce, five spice, olive oil, sugar shallots, garlic and salt to taste for at least 1 hour. Shallow fry in the same pan again until golden brown and crispy.
- 2** Slice and enjoy with rice, noodles, in banh mi or rice paper rolls! Optional combo for rice paper rolls: roll with vermicelli noodles, lettuce, Thai basil and mint, cucumber, pickled carrots and pickled radish. Serve with peanut hoisin sauce.
- 3** For the Hoisin sauce, in a small pot, heat up oil and cook garlic on medium heat.  
  
Add the whole jar of hoisin sauce, then 2 jars of water and mix. Once the sauce starts to bubble, reduce heat to low and add sugar and tapioca flour.
- 4** Serve with crushed roast peanuts or stir in crunchy peanut butter sauce, fresh chilli and a squeeze of lemon.