

- ✓ Veggie
- ✓ Vegan
- ✓ Lactose free

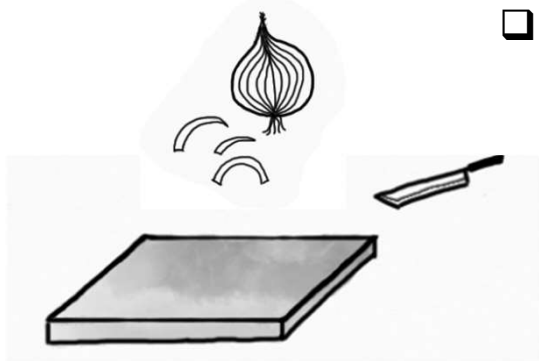
- × Peanuts/soy allergy
- × Gluten
- × Solanaceae/nightshade allergy
- × ...

Season: Spring
Influences: South-East Asian

Preparation: +- 20min
Cooking: +-10min
Skill lvl needed: 2/5

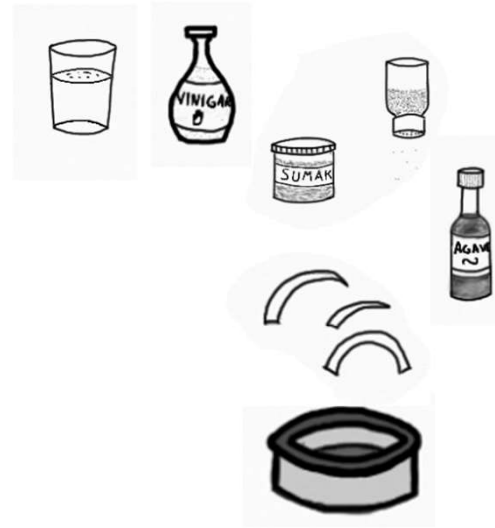
WOWFOOD RECIPE NO. 1

RICE NOODLES WITH CROUTONS AND FRESH HERBS



ONION

- CUT IN JULIENNE (IN STRIPS)

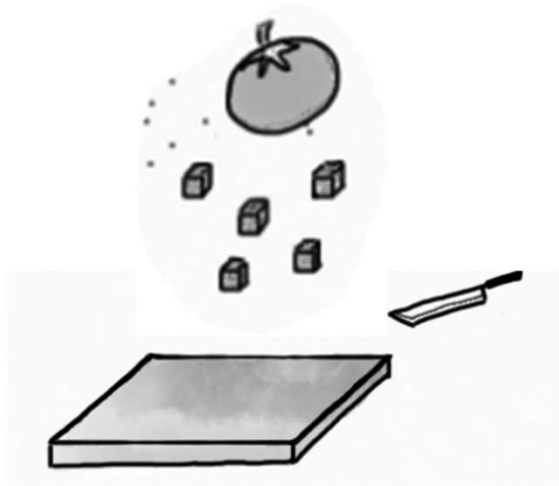


- ONION (IN JULIENNE)
- WATER (50%)
- VINEGAR (50%)
- SALT (2X SMALL SPOON)
- SUMAC (BIG SPOON)

- LET IT REST UNTIL YOU PUT IT ON THE PLATE

THE PICKLED ONIONS

2 TOMATOES



- CUT IN CARRÉ (IN CUBES)

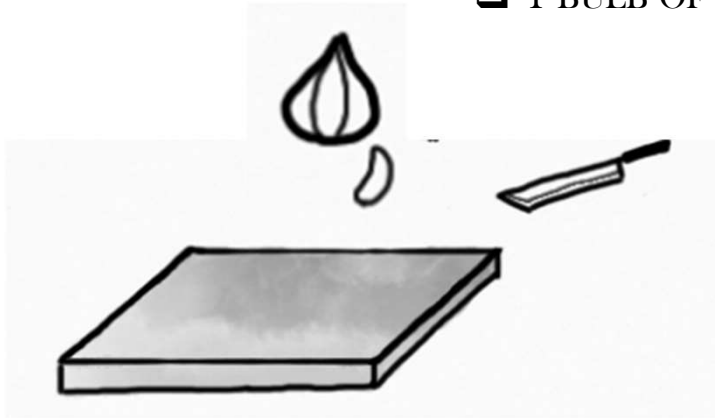
TOMATOES IN CUBES
 SALT (SMALL SPOON)
 PEPPER (SMALL SPOON)



- LET IT REST

THE TOMATOES

1 BULB OF GARLIC



- MINCE AS FINE AS POSSIBLE

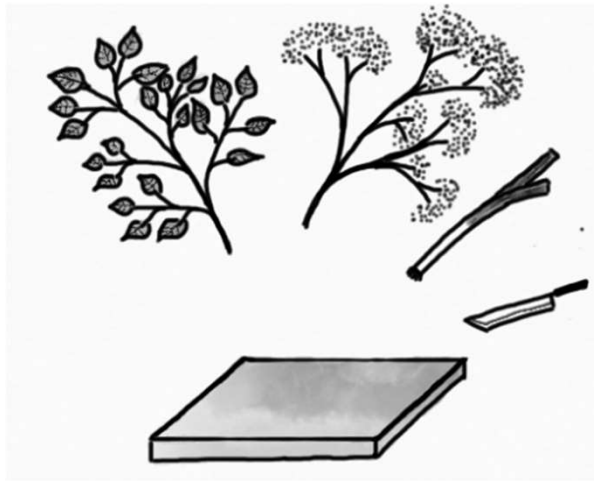
- SOY SAUCE (60%)
- AGAVE SYRUP (40%)
- POTATO FLOUR (OR ANY FLOUR) (1,5 BIG SPOON)
- THE MINCED GARLIC



- PUT THE GARLIC IN THE MIXTURE.
- MIX IT UNTIL YOU DON'T SEE THE FLOUR ANYMORE.



THE SAUCE



- FRESH MINT
- FRESH PARSLEY
- SCALLION

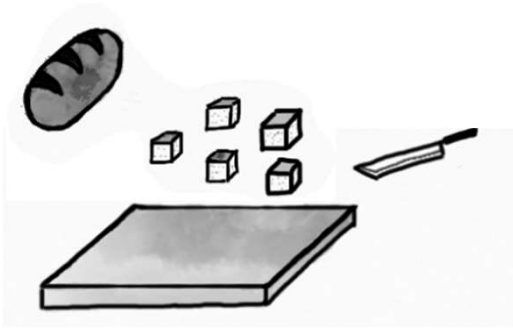
- CUT “CHIFFONADE” STYLE
(ROLL UP AND CUT IN STRIPS)



- UNSALTED
PEANUTS

- CRUSH IN THE MORTAR (AS FINE AS YOU WANT)

THE GARNITURE



OLD BREAD (YES IT NEEDS TO BE DRY)

- CUT IN CUBES OF $\pm 2\text{CM}^3$

- BREAD BLOCKS
- OIL (ENOUGH SO THE BREAD SOAKS IT UP)
- OREGANO (1,5 BIG SPOON)
- SUMAC (1 BIG SPOON)
- SALT



- MAKE SURE THERE IS ENOUGH OIL SO IT'S ALL OVER THE BREAD



- MAKE SURE THE PAN IS VERY HOT BEFORE PUTTING THE BREAD IN.
- STIR-FRY UNTIL THE BREAD TURNS LIGHT BROWN.

THE CROUTONS



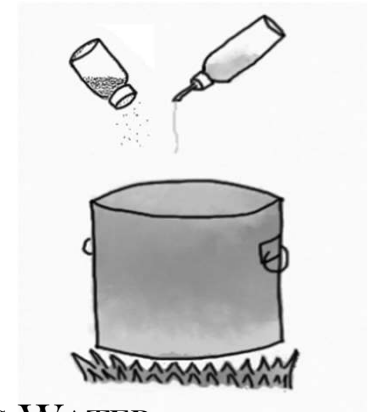
RICE NOODLES

- 300G



- COLD WATER
- SALT (SMALL SPOON)

- LET THE NOODLES REST UNTIL
THEY'RE ALMOST SOFT (AL DENTE)



- BOILING WATER
- SALT (BIG SPOON)
- OIL (PEANUT, SESAME,...)

- A FEW MORE MINUTES IN THE
BOILING WATER (+- 3MIN)

THE NOODLES

