



Sticky Sprouts & Wild Rice Salad – October 2022

This Sticky Sprouts & Wild Rice Salad is courtesy of [Asian Green by Ching-He Huang](#). The warmth of the sticky sprouts makes the dish suitable for easing into the cooler days of Autumn.

Sticky Sprouts & Wild Rice Salad

Ingredients: (Serves 2)

For the sprouts:

200g Brussels sprouts (trimmed)

1 inch piece of fresh ginger, grated

Juice of an orange

50ml Vegetable Stock

1 Tbsp Hoisin Sauce

1 Tbsp Golden Syrup

1.5 Tbsp Soy Sauce

1 Tbsp Toasted Flaked Almonds

Juice & Zest of a Lemon

Salt & Oil (Rapeseed)



For the Salad:

100g Smoked Tofu (drained, pressed, sliced into 0.5cm cubes)

2 heads of Chicory, washed & separated

1 small handful of Dried Cranberries

150g cooked Wild Rice

150g cooked Brown Rice

1 Red Chilli, deseeded & finely chopped

1 Spring Onion, finely sliced

Method:

In a wok, boil the Brussel Sprouts with enough salted water to cover them for 3 minutes. Drain and refresh under cold water then set aside.

Place all the salad ingredients in a large bowl & mix well.

Dry then heat the wok over a high heat, then add some oil. Once hot, add the ginger, orange juice, vegetable stock, hoisin sauce, golden syrup, and soy sauce. Bring to the boil and reduce to a sticky glaze. Add the Brussel Sprouts and coat well.

To serve, arrange the salad on a plate, and top with the hot, sticky sprouts. Garnish with the toasted almond flakes, and squeeze over the lemon juice and sprinkle on the zest.