

Healthy soul food

Get imaginative in the kitchen and add nutritious colour to your meals with these vegetable-laden, flavour-packed and warming Asian dishes

RECIPES KYLE BOOKS PHOTOGRAPHS HOWARD SHOOTER
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Whether you're a keen noodle slurper, an Asian cookery aficionado or simply want to whet your appetite with something new, Wagamama's latest book, *Feed Your Soul* (Kyle Books, £20), has got it covered.

With an ethos of 'positive eating, positive living', the book encourages mindful cooking; taking the time to appreciate and enjoy creating and eating mouthwatering dishes made from the freshest ingredients.

It includes quick and easy meals, ideal for during the week, plus those that take a little more time for when you want to cook from scratch. Try the warm and mood-boosting 'Salmon and quinoa salad'; Wagamama's iconic 'Chicken katsu curry' or the light and smoky 'Mushroom ramen'. From Asia, with love!

SHIITAKE MUSHROOM DONBURI

In Japanese, 'donburi' simply means 'rice and bowl'. A mixture of protein and vegetables served in a hearty bowl of rice, this meatless version is topped with a shiitake omelette and a homemade sweet 'Teriyaki sauce'.

SERVES 2

- 150g brown rice
- 2 tbsp vegetable oil
- 100g shiitake mushrooms, roughly chopped
- 100g Tenderstem broccoli
- 2 tbsp 'Gyoza sauce'
- 2 eggs, lightly beaten
- 2 tbsp 'Teriyaki sauce' (see right)
- 1 large carrot, peeled and grated
- 2 large handfuls of pea shoots

FOR THE GARNISH

- 2 spring onions, finely sliced
- 1 large red chilli, deseeded and sliced

1 Cook the rice following the 'Perfect rice' cooking instructions.

2 Place one tablespoon of the oil in a wok over a high heat and stir-fry the mushrooms and broccoli until browned and nicely caramelised. Add 1 tablespoon of the 'Gyoza sauce' and stir to coat well.

3 To make the omelette, pour the remaining tablespoon of oil into the same wok, then reduce the heat and pour in the beaten eggs. Tilt the pan so the egg mixture covers the base and then, as soon as it starts

to cook at the edges, shake the pan so any uncooked egg spills into the gaps. When the centre is still slightly runny, fold the omelette in half and slide onto a plate. Set aside.

4 Divide the rice between two serving bowls and coat with the 'Teriyaki sauce'. Slice the omelette into 2.5cm-wide strips and drizzle over the remaining 'Gyoza sauce' to taste.

5 Arrange the omelette strips over the bed of rice and top with the fresh carrot and pea shoots. Scatter over the spring onions and chilli and serve immediately.

Teriyaki sauce

This sauce works as a great marinade for grilled meats, oily fish and vegetables. It can also be used to finish a dish and works well as a sweet and salty dipping sauce. Place 4 tablespoons of light soy sauce and 110g sugar in a small saucepan and simmer over a low heat. Stir until the sugar dissolves and then continue to simmer for about 5 minutes until the liquid starts to reduce and thicken. Add 1 tablespoon of dark soy and 2 tablespoons of sake, then stir and leave to cool. Use immediately or transfer to an airtight container and store in the fridge. It should keep for several weeks. >>>





GYOZA

These pockets of filled pastry are tasty and versatile. We have included recipes for chicken and prawn gyoza. Make your own 'Gyoza skins' or, alternatively, they can be found ready-made in most Asian supermarkets.

CHICKEN GYOZA

MAKES 30

- 1 skinless chicken breast, roughly chopped
- 2 spring onions, roughly chopped
- 2 garlic cloves, crushed
- 2.5cm piece of ginger, grated
- 2-3 coriander sprigs, leaves picked
- 2 tbsp light soy sauce
- A generous pinch of pepper
- 'Gyoza skins'

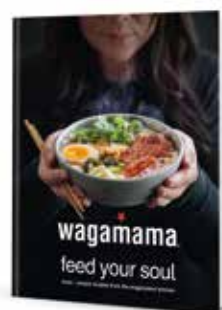
Put the ingredients in a food processor and pulse until smooth or use minced chicken and mix with your hands. Fill the gyoza and cook according to the packet instructions, or follow the instructions for cooking 'Gyoza skins'. Serve with 'Gyoza dipping sauce'.

PRAWN GYOZA

MAKES 30

- 400g cooked and peeled prawns, finely chopped
- 3 spring onions, very finely chopped
- 50g tinned bamboo shoots, finely chopped
- 1 lemongrass stalk, tough part removed and finely chopped
- 2.5cm piece of ginger, grated
- 2 garlic cloves, crushed
- 1 tbsp light soy sauce
- 2 tbsp fish sauce
- 1 tbsp vegetable oil
- Small handful of chives, finely chopped
- Small handful of parsley, leaves picked and finely chopped
- A generous pinch of white pepper
- 'Gyoza skins'

Put all the ingredients in a bowl and mix well. Fill the gyoza and cook according to the packet instructions or follow the instructions for cooking 'Gyoza skins'. Serve with 'Gyoza dipping sauce'.



Buy *Wagamama Feed Your Soul: Fresh + Simple Recipes From The Wagamama Kitchen* published by Kyle Books for £20.

MISO COD RAMEN

A light and savoury ramen using succulent cod fillets dressed in a marinade that is bursting with a delicious umami flavour.

SERVES 2

- 4 cod fillets
- 3 tbsp vegetable oil
- 200g soba noodles
- 200g pak choi (bok choy)
- 500ml vegetable stock
- 2 tsp light soy sauce
- 1 tsp oyster sauce
- 1 tbsp fish sauce

FOR THE COD MARINADE

- 1 tbsp white miso paste
- 2 tsp mirin
- 1 tbsp soy sauce
- 2.5cm piece of ginger, peeled and grated
- 1 tbsp sesame oil

- 1** Place the marinade ingredients in a wide, shallow bowl and stir to combine. Add the cod fillets and coat well, then cover and leave to marinate in the fridge for at least 30 minutes.
- 2** Heat 2 tablespoons of the oil in a frying pan or wok over a medium heat until hot and place the cod fillets, skin side down, into the pan. Pan-fry the fish for 2-3 minutes until the skin is golden brown, then turn and cook for a further 2-3 minutes on the other side. Transfer the fish to a plate and set aside.
- 3** Bring a pan of salted water to the boil and cook the noodles according to the packet instructions, then set aside. Add the rest of the oil to the wok and stir-fry the pak choi until it starts to wilt. Add the vegetable stock to the wok with the soy, oyster and fish sauces and stir to heat through.
- 4** Divide the noodles between two serving bowls and add the broth. Top with the pak choi and cod and garnish with the spring onions, menma and a drizzle of chilli oil, to taste.

*FOR ADDITIONAL RECIPES, SEE THE PSYCHOLOGIES LIVING CHANNEL

