

椿

x



CHUN TSUBAKI

LIVE FRUITFULLY

# PLANT-BASED EXPERIENCE

with Sandra Lim

In Partnership with:

little  
farms

&

CUCKOO

MADE ON EARTH



# 'FISHLESS BAJA' TACOS

By Sandra Lim

---

Makes 4 servings

## COMPONENTS

Gardein Fishless Fish Fingers  
Vegan Chipotle Mayo (i)  
Avocado Cream Sauce (ii)  
Pineapple Cucumber salsa pico de gallo (iii)  
Kimchi  
Fried Jalapeno Peppers  
Lime  
Cilantro  
Soft Tacos

### (i) VEGAN CHIPOTLE MAYO

250 g raw cashews, soaked  
1 chipotle pepper in Adobo  
1 clove of fresh garlic  
Juice of 1 lime  
1/4 cup + 3 tbsp water, plus more if necessary  
1/4 tsp cumin  
1/2 tsp salt

Add the soaked cashews and all of the remaining ingredients to a high-speed blender. Blend for 45-60 seconds, until smooth and creamy. Add more water (if necessary) in 1 tbsp increments.

### (ii) AVOCADO CREAM SAUCE

2 large ripe avocados halved and pitted  
1 cup vegan coconut yoghurt  
2 large garlic cloves, minced  
3-4 tbsp lime juice  
1/4 salt, adjust to taste  
1/8 teaspoon freshly cracked black pepper

Place the avocado, yogurt, garlic, and lime juice in the blender. Process until completely smooth. Season with salt and pepper, according to taste. Transfer to a serving dish and serve immediately or cover tightly, pressing plastic wrap against the surface of the sauce before covering with an airtight lid

### (iii) PINEAPPLE CUCUMBER SALSA

#### PICO DE GALLO

1 cup fresh pineapple, chopped  
1 cup seeded english cucumber, chopped  
1/2 cup orange pepper, chopped  
1/2 cup red onion, chopped  
1/2 cup cilantro, chopped  
2 tablespoons lime juice  
1 fresh red chili/ jalapeno pepper, seeded and finely chopped (optional)  
1/4 teaspoon ground cumin  
Salt, to taste

Combine all ingredients and season to taste with salt. Chill and keep covered for up to 24 hours.

## ASSEMBLY

Warm the tacos, spread some chipotle mayo at the bottom, add the fishless fish fingers, pineapple cucumber salsa, chopped red cabbage, kimchi. Top with avocado cream sauce, cilantro and fried peppers..

# BBQ PULLED-JACKFRUIT 'CARNITAS' TACOS

By Sandra Lim

---

Makes 4 servings

## COMPONENTS

BBQ jackfruit  
Refried beans  
Vegan Ranch Dressing  
Pickled Red Onions  
Avocados

## BBQ JACKFRUIT

1200g young jackfruit  
45 g BBQ seasoning (2 Tbsp brown sugar + 1 tsp paprika + 1 tsp garlic powder + 1/2 tsp salt + 1/2 tsp pepper + 1/2 tsp chili powder)  
180 ml vegan BBQ Sauce

Rinse, drain, and thoroughly dry jackfruit. Chop off the center "core" portion of the fruit and discard. Place in a mixing bowl and set aside. Mix together BBQ seasoning and add to jackfruit. Toss to coat.

Heat a large skillet over medium heat. Once hot, add 1-2 Tbsp oil of choice and seasoned jackfruit (use more oil, as needed, if increasing batch size). Toss to coat and cook for 2-3 minutes to achieve some colour.

Add BBQ sauce and thin with enough water to make a sauce. Stir and reduce heat to low- medium and cook for about 45 minutes on low heat. Remove lid and stir occasionally.

## VEGAN RANCH DRESSING

1/2 cup raw cashews, soak for 3-4 hours in water if not using a powerful blender  
1/4 cup water  
1 tbs apple cider vinegar  
1/2 tsp lemon juice  
1/2 tsp onion powder  
1/4 + 1/8 tsp salt  
1 clove garlic  
2 tbs Persian cucumber , (optional) or any cucumber chopped  
freshly ground black pepper  
1 tbs fresh cilantro , finely chopped  
1/2 tbs fresh parsley , finely chopped

Drain Cashews. Place the cashews along with the other ingredients, EXCEPT the chopped cilantro and parsley, into a blender. Blend until completely smooth. Taste and feel free to adjust the amount of lemon juice and/or salt if needed.

Mix in the finely chopped parsley and cilantro in bowl.

## ASSEMBLY

Warm Tacos, spread some refried beans at the bottom, spoon in BBQ jackfruit, onions. Top with avocado slices, red onions, cilantro and a squeeze of lime juice, hot sauce.