

Modern Gado Gado: An Indonesian delight

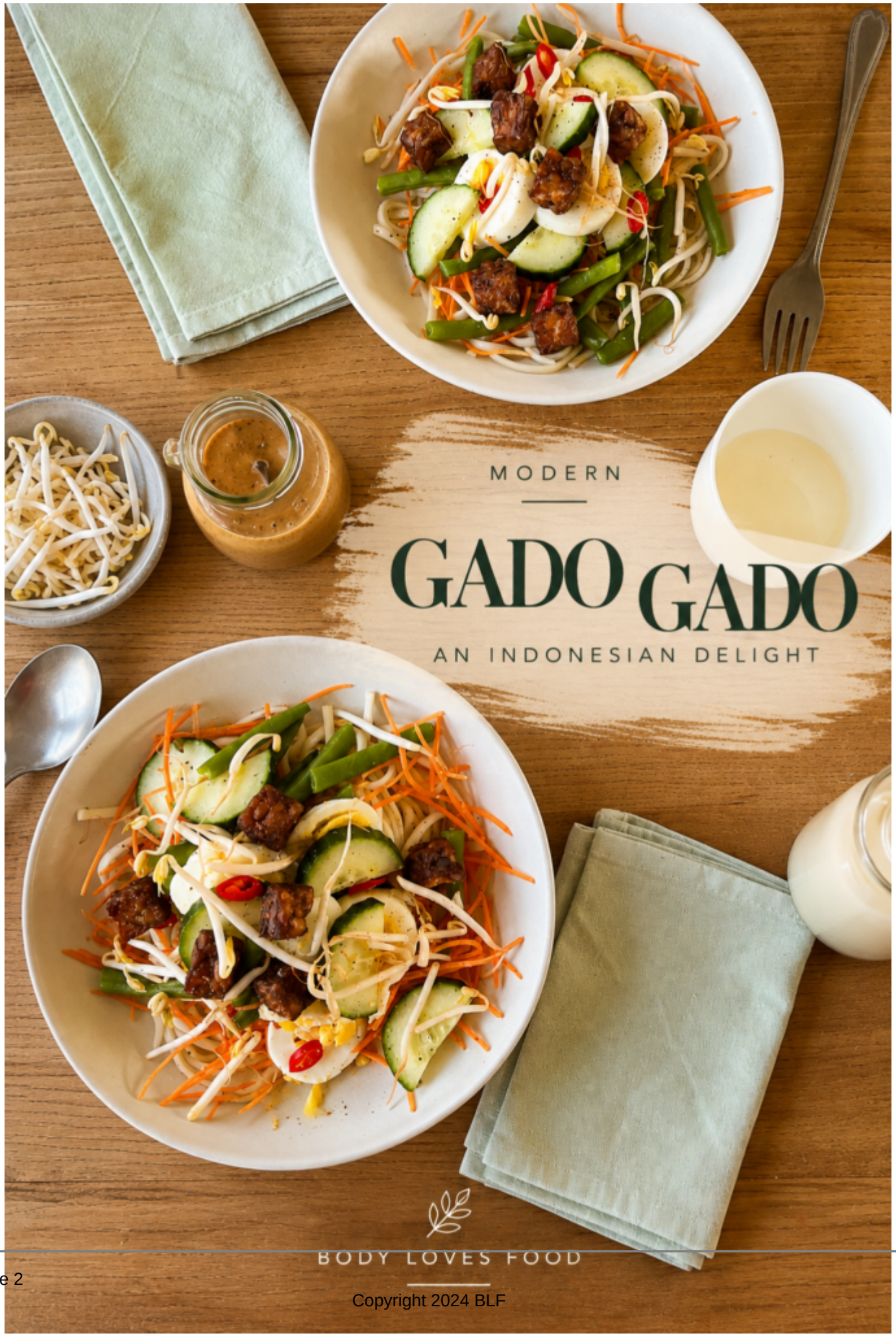
Description

This is variation on the classic Indonesian vegetable dish, so a modern gado gado, which literally means â€˜Mix Mixâ€™ and is a very easy quick to make meal. I have been introduced to Indonesian food in my early childhood. My friendâ€™s parents owned an Indonesian restaurant, and when I stayed over (quite regularly) we usually ate at the restaurant, not a punishment! In this recipe I added udon noodles to make it a more complete meal instead of a side dish.

What makes this a modern gado gado? Mainly because I threw udon noodles into a very Indonesian gado gado. Not exactly traditional, but it works surprisingly well. Loads of veggies, tofu or tempeh, egg and that all-important spicy peanut sauce are still there, just in a slightly more modern bowl. And for some reason, this is one of those dishes I really love with a cold glass of milk. Donâ€™t ask me why, it just works.

I can imagine not all ingredients will be easy to find, since its very typical Indonesian. You could replace â€˜sambalâ€˜ which is a very specific spicy sauce with small pieces of red chili. The â€˜ketjap manisâ€˜ (which is a sweet soy sauce) can be replace by a regular soy sauce and add honey or sugar.

Copyright 2024 BLF



Copyright 2024 BLF

BLF balance â“˜ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

8 / 10

BLF Flavour

8.5 / 10

BLF Easy

8 / 10

MAKE THIS MODERN GADO GADO MORE BALANCED
Use a higher-fiber noodle base, such as soba, wholewheat noodles, brown rice noodles, or half noodles and half extra vegetables. **(+0.5)**
Add a small handful of shredded cabbage or tender greens, such as spinach or blanched bok choy. **(+0.5)**

Nourishment

Fiber: high (with tempeh)
Veggie level: very high
Keeps you full: definitely
Energy: steady & substantial
Mood: creamy, spicy & something different

Details

Servings
2 servings

Prep time
15 minutes

Cooking time
15 minutes

Protein
~25-30gr per serving

Copyright 2024 BLF

Print

Ingredients

- 220-250gr udon noodles
- 200gr green beans
- 1/2 a cucumber
- 2 medium carrots
- 100gr bean sprouts
- 2 eggs
- 200gr tofu and/or tempeh
- 1 red chili
- Fried onions (optional)
- **Peanut Sauce**
- 4 tbsp of peanut butter
- 2 tbsp of ketjap manis
- 1 clove of garlic
- 1 shallot
- 160ml coconut milk (or regular milk)
- Lime

Copyright 2024 BLF

- 2 tsp sambal oelek(to taste)

Print

Directions gado gado

- Boil water in a cooking pan and cook the udon noodles for approx 4 minutes or according to instructions on package. Rinse of with cold water and set aside
- In another small cooking pan, boil water and cook the eggs for 7 minutes (hard-boiled)
- Cut off the edges of the green beans and slice cucumber in half in the length and cut it in slices. The green beans can be added to the water with the eggs and cook for 5 minutes
- Either you but your carrot already â€˜julienneâ€™ or you do it yourself by using a grater, a julienne slicer, or just cut it in stripes with a knife. Cut the egg in slices.
- Put the noodles on a plate, add the carrots, green beans, the sliced egg, cucumber parts, tempeh, red chili and bean sprouts.
- Top with sauce

Print

Directions peanut sauce

- Cut a shallot and 1 big garlic clove in small pieces.
- Put a sauce pan on the stove and a bit of vegetable oil.
- Add the shallots and 1 minute after the garlic, cook for another minute or 2 until light brown.
- Add the â€˜ketjapâ€™ and 1 minute after the peanut butter, stir all together.
- Add coconut milk or regular milk. Add lime juice of 1/4 lime. Add the sambal.
- Taste and add more ingredients according to taste!

Copyright 2024 BLF



Copyright 2024 BLF



Copyright 2024 BLF



Copyright 2024 BLF

Copyright 2024 BLF