

Vegetable Banh Mi with quick pickled vegetables

Swick

Serves 1 | Active Time: 30 minutes | Total Time:

Chef's Notes

Suggested adult serving: ½ banh mi sandwich

Store any leftover pickled vegetables, hummus, and tempeh in separate airtight containers in the refrigerator for up to 3 days. Store any leftover bread in a resealable bag for up to 3 days.

RECIPE TIPS

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase “pure maple syrup” (not “pancake syrup,” “table syrup,” or “maple-flavored syrup,” or even just “maple syrup,” as they contain artificial maple flavor and cane sugar or corn syrup).

Hummus: Be sure to check the label to ensure the hummus does not contain added oils. Look for the brands Oasis, Roots, and Cedars.

Low Sodium Soy Sauce: Tamari and liquid aminos are gluten-free, soy-based products used in the same way you would use soy sauce. To avoid soy entirely, choose coconut aminos.

Step 1: Make Fixings and Assemble Sandwiches

- 3/4 cucumber thinly sliced ($\approx 1 \frac{1}{4}$ cups)
- 3/4 carrot cut into matchsticks ($\approx 1 \frac{1}{3}$ cup)
- 2 1/4 radishes thinly sliced (≈ 3 tablespoons)
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- 1/3 cup brown rice vinegar
- 1 tablespoon pure maple syrup
- 3/4 teaspoon crushed red pepper flakes (optional)
- 1/3 cup hummus
- 1 1/2 teaspoons sriracha plus more for serving
- 3/4 yellow onion chopped ($\approx 3 \frac{1}{4}$ cup)
- 3 cloves garlic, minced (≈ 1 tablespoon)
- 3/4 (8-oz) package tempeh crumbled ($\approx 1 \frac{1}{4}$ cups)
- 1 tablespoon low-sodium soy sauce (or tamari or liquid aminos)
- 3 tablespoons fresh cilantro finely chopped, plus more for serving
- 1 1/2 (8-ounce) whole-grain baguettes
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MAKE QUICK PICKLED VEGETABLES

In a bowl, combine cucumbers, carrots, radishes, rice vinegar, maple syrup, and pepper flakes (if using). Set aside.

PREPARE HUMMUS

In a bowl, combine hummus and sriracha. Set aside.

SAUTÉ AROMATICS

In a large skillet over medium heat, cook onions and garlic, stirring occasionally, until onions start to turn translucent, 3 to 4 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

COOK TEMPEH

Stir tempeh and soy sauce into aromatics. Cook, stirring, until hot, 2 to 3 minutes.

Remove from heat and stir in cilantro.

ASSEMBLE & SERVE

Slice baguette horizontally to, but not through, the other side. Halve crosswise.

Spread hummus on bottom halves of baguette. Top with tempeh mixture.

Drain pickles well. Add half of the pickles to sandwiches. Top with fresh cilantro and a drizzle of additional sriracha, if desired. Serve with remaining pickles.