

# Vietnamese Style Baguette

(or if you are not the sandwich type then make it into a salad)

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## Ingredients

1 baguette (half for day two and half for day three)  
1 block tempeh or 350g tofu  
1 tsp shriarcha or other chilli sauce or even a fresh chilli  
chopped small  
3 tbsp tamari  
1 to 2 tsp maple syrup (optional)  
1 clove garlic minced  
2 tsp grated ginger  
2 tbsp apple cider vinegar  
1 more tsp maple syrup  
1 carrot grated  
½ Lebanese cucumber julienned  
⅛ red cabbage shredded  
Splash of oil for frying  
½ avocado

## Method

1. Mix the shriarcha, tamari, maple syrup, garlic and ginger together and marinade the tempeh in this.
2. Place the vinegar and maple syrup in a saucepan and bring to the boil. Turn off the heat and place the cabbage, cucumber and carrot in the vinegar and let sit.
3. Fry the tempeh or tofu until brown on each side. Let cool.
4. Spread the avocado on the baguette and then add the tempeh and the cabbage pickles.
5. If making a salad instead add some tomato, lettuce and take some lime wedges and olive oil as a dressing.



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