



Sticky Sauce



Inspired by our travels to Asia this sauce is the perfect partner to rice dishes, tofu dishes or buddha bowls. Can be drizzled over your chosen dish or put on the side. Whatever you choose this sauce is sure to top it off.

What you'll need:

Saucepan, measuring spoons, garlic mincer, wooden spoon, handheld whisk

Ingredients

- 1 $\frac{1}{2}$ garlic cloves minced/ very finely chopped
- 1 tbsp coconut oil
- $\frac{3}{4}$ tbsp mixed spice
- $\frac{3}{4}$ tbsp paprika
- 2 tbsp light soy sauce
- Vegetable stock, one cube dissolved in $\frac{3}{4}$ cup boiling water)
- 1 tbsp agave nectar
- 1 $\frac{1}{2}$ tsp cornflour

Method

1. Fry the garlic in the coconut oil for a few minutes then add spices. Mix well.
2. Add the soy sauce, agave, stock, leaving about a teaspoon behind, and mix well again.
3. Add the cornflour to the leftover stock and mix well until the cornflour has dissolved.
4. Add small amounts of the cornflour mix gradually to the pan. Stir, and allow to simmer for a few minutes.
5. Using a handheld whisk, mix the sauce vigorously for a minute then allow to simmer again until it has reached the desired thickness.
6. If required add another teaspoon of cornflour to a teaspoon of water and repeat the process until the sauce has thickened to your required consistency.