

# Chinese New Year feasts from the east

## HAND-PICKED HEALTH

Speciality tea is not only consumed in great quantities at Chinese New Year but given as a gift. High-quality Chinese tea can provide health benefits thanks to ingredients such as polyphenols, which have potent anti-inflammatory and antioxidant properties. Try Yellow Tea Buds from Guizhou – a rare, mellow tea with notes of white grapes and violets, composed of carefully hand-plucked buds rich in amino acids.

£32,

uk.avantcha.com



## SIGNIFICANT SHARING

Yu Sheng salad is a symbolic sharing dish enjoyed to usher in longevity, luck, peace and prosperity. It's served in most restaurants and households and you can try it at Asian restaurant Rasa Sayang in Soho, London, or take it away to enjoy at home. The ingredients include shredded carrots, radish, pickled ginger, coriander, sliced raw salmon, peanuts, sesame and five-spice powder – all topped with a fruit-based sauce. Each ingredient carries its own auspicious significance – salmon represents abundance throughout the year, crispy wonton skin signifies gold, and carrots bring luck into your life – who knew?

rasasayangfood.com

## GREEN DREAM

Award-winning ice cream brand Badiani Gelato has introduced a vegan green-tea sorbet, right, for new year, made with high-quality Chinese loose-leaf tea and a base of water, sunflower oil and soy protein. It's a lot healthier than regular gelato, with no additives.

Find it at any Badiani London branches, from £4.80 for a small cup, badiani1932.com

## GLASS OF GOOD LUCK

Lucky Buddha beer is brewed and bottled in China and, as it's made only from rice flakes, malt, water and hops, it's both vegetarian and vegan-friendly. It won gold at last

THE WORLD IS YOUR OYSTER (SAUCE) WHEN IT COMES TO CELEBRATING THE YEAR OF THE RABBIT, SAYS LAURA MILLAR



Symbolic salad: Yu Sheng has ingredients that represent abundance, gold and luck

good-luck symbols on the bottom. A case of 24 bottles costs £44.99, clickndrink.co.uk

## NOODLES AND POODLES

Pup-friendly west London diner the Pawsitive Café is run by a dog-loving Malaysian chef. For new year, the café will be decked with authentic decorations, host traditional lion-dancing and offer a limited-edition menu. Dishes will include golden mantou (fluffy steamed and fried buns), salted egg yolk prawns and a box of new year cookies. There will also be a special mocktail menu – try the Mandarin Blossom, with fresh mandarin juice,

mint leaves and Sanpellegrino Aranciata, or the Golden Dew, with honeydew tea, matcha tea, lime and sweet syrup. pawsitivecafe.com

## CALORIE-CUTTER

Most of us know that fried pork dumplings are delicious, but why not try

something a little healthier this new year instead? If you opt for steamed vegetarian dumplings – or gyoza – then you'll save about 312 calories and 19.6g of fat.

Try Itsu's vegetable fusion gyoza, available from ocado.com, £3



A wise choice: Lucky Buddha beer



Wag-tastic: Pawsitive Café has launched a special mocktail menu



DIY stir-fry: The Lu Ban cooking box

## HEAT-AND-EAT BOX

Master of Chinese food Dave Critchley is behind Liverpool restaurant Lu Ban. He has developed fresh 'heat and eat' cooking kits, perfect for your own new year dinner. Try the beef box, with beef in oyster sauce, egg fried rice and Chinese spiced greens.

From £10, lubankitchen.co.uk

## HERBIVORE HANGOUTS FOR A MEAT-FREE MONTH

Doing Veganuary but can't be bothered cooking? Try one of these delicious vegan restaurants, says Laura Millar

### MILDREDS Soho, London

Opened in 1988 as a vegetarian restaurant, today Mildreds is 100 per cent plant-based and has branches in Camden, Dalston, King's Cross and Covent Garden. Menus feature everything from spinach gyoza to Sri Lankan coconut curry.

mildreds.co.uk



### DONER SUMMER Leeds

If you're craving vegan junk food, this is where to come for massive kebabs stuffed with the likes of garlic chilli 'chicken', pickles, cabbage, cucumber, tomato and plenty of hot sauce. There's also 'buttermilk' fried 'chik'n'.

donersummer.com



### UNITY DINER SPITALFIELDS London

Unity Diner was founded in 2018 by a group of friends, including vegan author Ed Winters. All profits go towards running its animal rescue centre, Surge Sanctuary. You'll find the likes of 'tofish' and chips, and vegan cheese 'burgers'.

unitydiner.co.uk



### SEEDS FOR THE SOUL Edinburgh

Using ingredients such as vegan cheese, plant-based milks, spirulina, matcha and turmeric, Seeds For The Soul promise to make vegan food that nurtures body and soul. You'll find tasty dishes such as the satay bowl with pan-fried tofu.

seedsforthesoul.co.uk



### THE VIBE Liverpool

If it's a spot of excellent brunch you're after, The Vibe in L1 is a laid-back, dog-friendly, plant-based café serving vegan full English breakfasts. Stay for lunch, where you can tuck into 'shroom gyros, jackfruit nachos or a coronation cauliflower wrap.

thevibecafe.co.uk



## MIX UP YOUR 'BIX

NUTRITIOUS AND DELICIOUS RECIPES USING THE NATION'S FAVOURITE CEREAL\* – AT PURSE-FRIENDLY PRICES

A month of rather too much Christmas spirit can mean that by January we're ready for a health reset. But ramping up our nutrition needn't be an expensive headache of green juices and dreary dinners. Sometimes our store cupboard staples can hold the key to a healthy start. Made with 100% British wholegrain wheat, Weetabix is high in fibre, low in fat and sugar. It's also great hot or cold and super versatile as the perfect base for your favourite fruit or toppings.



And why keep all that goodness for breakfast time? Weetabix can be a quick on-the-go breakfast in seconds. Whizz up our satisfyingly wholesome Weetabix smoothie recipe to grab and go – just add to your blender with your favourite fruit for a tasty smoothie bursting with flavour and goodness\*. Use frozen fruit for even better value,

and experiment with differently flavoured fat-free yoghurt to mix it up a bit (it's also fab with Oatibix). Adding in any leftover veg is also a cost- and waste-conscious way to work towards your five a day. Try avocado, kale and celery for starters but almost anything goes – except for mushrooms, that'd be weird.

## Smoothie-a-bix

### WHAT YOU NEED

- 1 Weetabix
- 100g frozen berries
- 100g fat-free strawberry yoghurt
- 25ml semi-skimmed milk or non-dairy milk of choice
- ½ tsp honey (optional – maybe you're already sweet enough)

### WHAT TO DO

- Break a Weetabix in half
- Add all the ingredients into a blender with one half of the Weetabix
- Blend until smooth and pour over ice
- Crush the other half of the Weetabix and sprinkle on top. Smooth, eh?

## Have you had yours?



Scan to visit our website or download the recipe book



\*The number-one cereal brand in the UK and ROI based on the last 52 weeks. \*\*Weetabix and Smoothie-a-bix are both sources of protein which contributes to the maintenance of muscle mass as part of a healthy diet and lifestyle

## GUAVA CHILLI SOUR

London Indo-Chinese restaurant brand Fatt Pundit has created a non-alcoholic fruit cooler that still packs a punch. Add tequila if you're done with Dry January

### Ingredients:

- 15 ml agave nectar
- Lime, juiced to make 25ml, plus extra wedges for the garnish
- 25g guava, sliced, or 25 ml guava purée (or Boiron guava purée)
- 25 ml guava juice
- Pinch red chilli powder
- Pinch of Himalyan pink salt
- Ice
- Red chilli powder and Himalyan pink salt for mix for glass rim, optional
- 50 ml Calle tequila

### Method:

- Place sliced guava in a cocktail shaker and mash lightly with a muddler. Add tequila (if using), lime juice, agave nectar, guava juice, chilli powder and salt.
- Fill shaker with ice. Place a mixing glass over shaker, hold and shake ten to 15 times.
- Run a lime wedge around the rim of a rock glass and dip the glass into the chilli and salt mix. Strain cocktail into the lined rock glass filled with ice.



fattpundit.co.uk

# FREE DIGITAL RECIPE BOOK





Have you had yours?



SCAN ME