

Vegetable Bahn Mi with Roasted Cauliflower or Tempeh

A French-Vietnamese sandwich filled with flash-pickled vegetables, roasted cauliflower or tempeh, and hummus.

Pickled Sliced Vegetable Medley Ingredients

- 1 zucchini
- 1 cucumber
- 3 purple radishes or daikon radish
- 2 carrots
- 1 cup shredded cabbage (optional)
- ½ cup rice wine vinegar
- ½ cup water
- 2 Tbsp maple syrup
- 1 tsp crushed red pepper flakes



Instructions

1. Slice all of the vegetables and place them into a large container or gallon size ziploc bag.
2. Combine rice wine vinegar, water, maple syrup, and crushed red pepper flakes.
3. Pour the pickling marinade over the vegetables and toss to coat evenly. Set aside.

Roasted Cauliflower or Tempeh Ingredients

- 1 head of cauliflower *OR* 1 package tempeh (you choose)
- 2-3 Tbsp reduced sodium soy sauce
- 1-3 Tbsp chili-garlic sauce (mild or spicy)
- 1 Tbsp rice wine vinegar
- 1 Tbsp maple syrup
- ¼ cup water
- ½ cup hummus
- ½ cup cilantro, chopped
- 4 [hoagie rolls](#) or 2 baguettes, sliced in half

Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. Cut the cauliflower or tempeh into 1-2 inch pieces.
3. In a large bowl, combine the soy sauce, chili garlic sauce, rice wine vinegar, maple syrup, and water. Reserve 2 Tbsp for serving, if desired.
4. Place the cauliflower or tempeh pieces into the marinade and toss to coat.
5. Cover a baking sheet with parchment paper or silpat liner (for easier cleaning).
6. Place a cooling rack on top of the baking sheet (allows air flow). (this step is optional)
7. Place coated cauliflower or tempeh pieces onto the cooling rack in an even layer.
8. Bake for 15 minutes, and then flip cauliflower or tempeh over.
9. Return to oven and bake until lightly golden, about 10-15 minutes more. Remove to cool slightly.
10. Assemble sandwiches by applying 1-2 Tbsp of hummus on inside of roll.
11. Layer the cauliflower or tempeh, pickled vegetables, and fresh cilantro.
12. Serve with a side of pickled vegetables and reserved chili-garlic sauce, if desired.