GLOBAL · SAUCE

Peanut-Ginger Dressing with Sriracha

10 min · Makes 14 × 2 tbsp · 97 kcal a portion · Video 10:01 · Brian Lagerstrom

Vegan

Peanut butter and sesame oil give it body, mostly from unsaturated fat, and a 2-tbsp portion has about 4 g of added sugar, well under the 10 g limit.

Diet notes: Gluten-free with a swap: Use tamari instead of soy sauce, and check the sriracha label, to keep it gluten-free.

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Ingredients 8 · MAKES 14 × 2 TBSP

- [ ] ¾ oz (3 tbsp) grated **fresh ginger**, unpeeled
- [ ] 5 g (1 tsp) grated **garlic**
- [ ] 3 oz (6 tbsp) **rice vinegar**
- [ ] 3 oz (5 tbsp) **soy sauce**
- [ ] 1 oz (1–2 tbsp) **sriracha**
- [ ] ¼ cup **sugar**
- [ ] 1½ oz (3 tbsp) **sesame oil**
- [ ] ½ cup **creamy unsweetened peanut butter**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Peanut, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Grate the ginger (no need to peel it) and the garlic on a fine grater straight into a tall container. 7:45
2. Add the rice vinegar, soy sauce, sriracha, sugar, sesame oil and peanut butter. 7:57
3. Blend with a stick blender until completely smooth; there's no need to stream in oil, as the peanut butter is already emulsified. 8:08
4. Toss with shredded napa and red cabbage, carrots, a little romaine, chopped peanuts and coriander. Keep in the fridge for 7–10 days. 8:26

Tip Makes about 1¾ cups. Add grilled chicken to the cabbage salad for a Chinese chicken salad. Use more or less sriracha to taste.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 14 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
97 kcal	2.6 g	6.3 g	0.6 g	7.2 g	420 mg
410 kJ	5% of a day	5.7 g net · 4.7 g sugars	2% of a day	1.3 g saturated	18% of a day
		2% of a day		9% of a day	

Energy from net carbs 23% · protein 11% · fat 66% — low carb (under 26% of the energy from carbs)

Recipe and video: Brian Lagerstrom (@BrianLagerstrom) on YouTube — youtube.com/watch?v=Xv5xbJLw--Q, published 1 July 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/asian-peanut-ginger-dressing