

gastropost

FOOD MISSIONS FOR FOOD LOVERS



MISSION COMPLETED: FOOD HACKS

We challenged you to share your savviest food knowledge last week. From twists on familiar dishes to must-order items at Vancouver restos, here's what you shared. On these pages, [Twitter handles are in blue](#) and [Instagram in brown](#).



David Wei
[@weisclou](#)
Microwave chewy peanut butter bars



Genesis Rigor
[@genesisdarwin](#)
Banana nut "sushi"



Rosalyn Gambhir
[@rosalyngambhir](#)
Panko-crusted mac and cheese



Caty Tedman
[@catytedman](#)
Leftover Swiss Chalet, breakfast of champions



Pamela Lee
[@typearamblings](#)
Breakfast hack: egg white in avocado



Megan Watkins
[@meganhwatkins](#)
Macaroni and pulled pork grilled cheese



Alana Tam
[@yvreats](#)
With leftover bacon, make bacon brownies



Mandy Hamilton
[@the_loveoffood](#)

Eggs baked in an avocado topped with bacon. Avocados, you've been hacked!



Mary Sheridan
[@maryin vancity](#)

Best food hack: lettuce wraps



Sheena McFerran
[@sheenamcf](#)
My stew-like play on beans and toast



Roxy Querouz
[@rmystique78](#)
Cactus Club's spicy chicken



Mizuki Daigo
[@mizukinono](#)
Mom taught me how to wrap gyoza



Carolyn Berry

Dietician
Flourless peanut butter chickpea cookies



Phoebe Girado
[@bimreagirado](#)
Tuna with salsa on rice cake



Michael Lawrence
[@p0k3y](#)
Strawberry Nesquik, espresso and vodka



Rich Nguyen
[@richngng](#)
Pho deconstructed as salad, no broth



Alessandra Dicdiquin
[@sandytot](#)
Bourbon espresso brownies



Angel Wong
[@bbangel86](#)
Pistachio-crusted tuna, Cafe il Nido



Roshni Bance
[@little_rosh](#)
Cake in a mug



Iryne Garcia
[@goldenyogi](#)
No-grains eggs Benny



Desiree Neilsen
[@desireerd](#)
Kale makes everything better



Jocelyne Galizia
[@jocelynegalizia](#)
Greek salad in one bite



Callie Mackinnon
[@calliemackinnon](#)
Frozen banana + blender = "ice cream"



Stephanie Co
[@yumybites604](#)
This is how I eat my Pringles



Amal Pingol
[@ms_dimples0428](#)
Mac and cheese poutine with jalapenos



Vince Robles
[@vcr604yvr](#)
Lettuce taco



Patrick Connolly
[@patcon1](#)
Use wonton wrappers to make easy ravioli



MacGyver Tse
[@macsubie](#)
Kimchi egg roll



Metta McNairn
[@mettarose](#)
My own version of a Naam rice bowl



Carmen Rodriguez-Cruz
[@cercarcar](#)
Food hack: microwave brownies in a mug

YOUR FOOD COULD BE IN THE PAPER, TOO



Ana Arenas
@bellaflavors
Chickpea flour-crusted fried chicken



Cyndi Tsai
@cyndt
Potato stir fry on steamed cauliflower



 **Tanya Kohli**
@countdownfitness
Chapati masala noodles made with leftover chapatis (Indian flatbread), sautéed with vegetables.



Blake Powell
@whentheyearus
Cured meat with fig jam on great bread



Christina Kouvousis
@chriskouv_
French toast on thick Greek bread

JOIN US!

- ✓ Get your food pics & ideas published in The Province
- ✓ Be the first to find out about new missions

YOUR NEXT MISSION: CAULIFLOWER VS. KALE

Your mission this week is to take sides in a battle between two humble-yet-trendy vegetables, cauliflower and kale. Vote by Gastroposting and we'll tally your choices to reveal a winner next week!

Tasty kale salad photo by Gastroposter Michelle Chu



Kaka Lau
@crazytyingg
Homemade mini quiche cupcakes



Kelly Wong
@kel_w_
Lobster eggs Benedict



Kieosha Darko
@kieoshadarko
Obsession: vegan taco lettuce wraps



Stephanie Wren
@istephwren
Add cucumber ice cubes to your water



Tatyana Kiseleva
@raw_kiseta
Romaine mango boats

GASTROPOST IT

Whatever you eat in order to complete the mission, **the important part is sharing it with the Gastropost community.** There are several ways to do that:



Follow us on Instagram and tag a photo with #gastropost



Post a photo through Twitter and tag it with #gastropost



Post directly to our website

Visit gastropost.com to see what your fellow Gastroposters have been eating.



Alejandra Saldana
@alejandrasaz
Cinnamon bun waffles



Carla Thompson
@carlaheirlooms
A twist on my Auntie Debbie's pasta salad



Dhrti Chander
@dhrti
Make Dutch pancakes with condensed milk



Helena Li
@xohelena
Reel Mac and Cheese Food Truck's "Godzilla"



Jennifer Grewal
@lifelaughsfood
Must-try kamikaze roll at Akari Sushi



Nola Brown
@nola1088
Toast nuts in a dry pan to make them crisper



Lyndsay Penner
@lphoopla
Zucchini as spaghetti



Sidney Shindle
@sidneyshindle
Make any nut butter with food processor



Psi Wong
@psi250
Pork jowl egg and oatmeal, Wildebeest



Nikki Lam
@nikkilaam
Smoothie from berries, peach yogurt

gastropost.com

DON'T HESITATE TO GET IN TOUCH WITH US.

WE'D LOVE TO HEAR FROM YOU.

Email us at vancouver@gastropost.com

Or contact us through Twitter at @GastropostVAN

Follow us on Instagram at @GastropostVAN