



Recipe of the Month

SPICY KALE & SHIITAKE POWER BOWL

Simply add in your favorite lean protein and grains to make a complete meal!

- 4 cups of your favorite cooked grain: quinoa, brown rice, amaranth
- 2 cups of your favorite cooked lean protein: tofu, chicken, prawns, beef
- 2 cups of shiitake mushrooms, sliced
- 1 large sweet onion, julienned
- 1 large bunch of kale, stemmed and roughly chopped
- 1 cloves of garlic, chopped
- 2 tsp coconut oil
- 2 tsp tamari or soy sauce
- 2 dashes of cayenne pepper
- 2 Tbsp chopped peanuts
- 1/2 bunch fresh coriander, chopped
- One batch of Spicy Ginger Peanut Dressing

1 Heat coconut oil in a saute pan on medium heat. Add in onions and cook until translucent. Add in mushrooms, kale, and garlic and cook until tender. Season with tamari and cayenne and set aside.

2 Make one batch of Spicy Ginger Peanut dressing: Recipe on the bottom

3 In four serving bowls, divide four portions of cooked grain and four portions of cooked protein.

4 Generously spoon Shiitake and Kale mixture into the bowls. Top with the spicy peanut ginger dressing, chopped peanuts, and fresh coriander! Enjoy!

SPICY GINGER PEANUT DRESSING

- Spicy Ginger Peanut Dressing:
- 1/2 cup unsweetened organic peanut butter
- 3/4 cup water
- 2 Tbsp fresh orange juice
- 2 tsp sesame oil
- 3 Tbsp pickled ginger, chopped
- 2 tsp fresh ginger, peeled/chopped
- 2 cloves garlic, minced
- 2 Tbsp tamari
- 1/4 cup rice vinegar
- 2 Tbsp agave syrup or honey
- 1 fresh red chili, deseeded and diced or
- 5 dashes cayenne
- Zest and juice of one lime
- fine black pepper to taste

1 Add all the dressing ingredients together in a medium sauce pan. Set pan on medium-high heat and stir briskly until all ingredients melt and blend together. Reduce heat to medium and simmer/stir for about two minutes. Turn heat to low. Let cool down before using on a salad.