



Rice Bowl with Nutty Sauce

INGREDIENTS

1 tbsp sesame oil
1 cup carrots (julienned)
1 cup celery (sliced)
½ cup red bell pepper (sliced)
½ cup green bell pepper (sliced)
1 cup broccoli (chopped)
Hingh or Indian Asoefatida
1 tsp ginger (minced)
1 cup red cabbage (shredded)
1 cup pineapple (cubed)
4 cups cooked rice
½ cup thai peanut sauce
1 tbsp fresh cilantro
1 tbsp chopped peanuts
Baked tofu strips for topping

PREPARATION

1. Put sesame oil to a large skillet or wok over medium high heat. 2. Saute the carrots, celery, red bell pepper, green bell pepper, and broccoli for 5-6 minutes. 3. Add hingh, ginger, red cabbage and pineapple, sauté for another 1-2 minutes. 4. Divide the rice between two bowls, top with veggies, drizzle with peanut sauce. 5. Top with cilantro and peanut.

PEANUT BUTTER SAUCE INGREDIENTS

1 x 1" piece ginger peeled
Hingh
3 ½ cup creamy peanut butter
2 tbsp tamari
1 tbsp fresh lime juice or lemon juice
1 tsp cocosap sugar
1/4-1/2 tsp crushed red pepper flakes

PREPARATION

With motor running, drop ginger and mix hingh into a blender and blend until finely chopped. Add peanut butter, tamari, lemon juice, cocosap sugar, red pepper flakes and 1/3 water and blend adding more water by tablespoonfuls if needed to thin, until smooth. Peanut sauce can be made 3 days ahead. Transfer to a small bowl, cover and chill. Bring to room temperature before using.