



Asian GF DF Meatfree

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Balsamic Roasted Tempeh Bowls

6 servings

1 hour

Ingredients

60 milliliters Extra Virgin Olive Oil
60 milliliters Balsamic Vinegar
3 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 tbsp Italian Seasoning
500 grams Tempeh
160 grams Red Onion (medium, sliced)
6 Carrot (medium, peeled and chopped)
385 grams Mushrooms (quartered)
3 Zucchini (sliced)
255 grams Quinoa (dry)
595 milliliters Water

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 3 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 4 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 5 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers: Keeps well in the fridge up to 4 days.



15 Minute Shrimp & Cabbage Stir Fry

2 servings

15 minutes

Ingredients

2 tbsps Coconut Oil (divided)
455 grams Shrimp (raw, peeled and deveined)
3 Garlic (cloves, minced)
1 Lemon (juiced)
1/2 tsp Red Pepper Flakes
710 grams Green Cabbage (finely sliced)
Sea Salt & Black Pepper (to taste)
2 tbsps Sesame Seeds

Directions

- 1 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 2 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 3 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs: Serve with brown rice or quinoa.

Leftovers: Store in an airtight container in the fridge up to 2 days.



Kimchi Fried Cauliflower Rice

4 servings

20 minutes

Ingredients

- 1 head Cauliflower (medium, chopped into florets)
- 1 tbsp Coconut Oil
- 300 grams Kimchi (liquid drained off)
- 2 tbsps Tamari
- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Black Pepper
- 2 tbsps Sesame Seeds
- 2 tsps Sesame Oil
- 3 stalks Green Onion (chopped)
- 160 grams Frozen Peas (thawed)
- 4 Egg

Directions

- 1 Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
- 2 Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
- 3 In a separate frying pan, fry your eggs.
- 4 Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

Notes

No Cauliflower: Use cooked quinoa or brown rice instead.

Meat Lover: Add chopped bacon.

No Eggs: Use diced chicken breast or roasted chickpeas instead.



Kimchi

8 servings

30 minutes

Ingredients

- 355 grams Green Cabbage (tightly packed)
- 6 stalks Green Onion (diced)
- 1 Carrot (large, grated)
- 115 grams Radishes (grated)
- 4 Garlic (cloves, minced)
- 3 tbsps Ginger (peeled and grated)
- 1 tbsp Sea Salt
- 1 tbsp Red Pepper Flakes

Directions

- 1 Core and finely slice your cabbage. Place in a mixing bowl with all ingredients. Using your clean hands, massage the salt into the cabbage and vegetables until it starts to soften (5 to 10 minutes). Set aside and let rest for 10 minutes then massage again for another 5 minutes.
- 2 Transfer the kimchi into sterilized jars, leaving an inch of space at the top. Pack it down into the jar until the brine rises to cover the vegetables. Seal the jars with sterilized lids.
- 3 Let it ferment at room temperature for 3 to 5 days. It may bubble and that is normal. Check on your kimchi everyday and re submerge the vegetables under the brine if they rise.
- 4 Taste your kimchi on day 3. If it tastes ripe, transfer it to the fridge. If not, let it ferment another day or two.
- 5 Enjoy kimchi right away or let sit for another week or two for extra flavour. Enjoy!

Notes

Serve it With: Burgers, salads or in our Kimchi Fried Cauliflower Rice.



Peanut Thai Zucchini Noodles

4 servings

20 minutes

Ingredients

40 grams Basil Leaves
145 grams Raw Peanuts
290 grams Fresh Peas (divided)
1 tbsp Ginger (grated)
1 Lime (zested and juiced)
2 tbsps Tamari
60 milliliters Extra Virgin Olive Oil
1 tsp Sesame Oil
60 milliliters Water
4 Zucchini
1 tsp Red Pepper Flakes (to taste)

Directions

- 1 To create the pesto, combine basil, peanuts, half of the peas, ginger, lime juice, lime zest, tamari, olive oil and sesame oil in a food processor. Add water, blend until smooth and set aside. (Note: You may need to add extra warm water 1 tablespoon at a time to reach desired consistency.)
- 2 Use a spiralizer to turn the zucchini into noodles. (If you don't have a spiralizer, you can use a box grater to create noodles.)
- 3 Toss the noodles in desired amount of pesto, add the remaining peas and then divide into bowls. Garnish with chopped peanuts, red pepper flakes and left over basil leaves. Enjoy!

Notes

Warm it Up: Saute noodles in a frying pan with a bit of olive oil before serving.



Spicy Shrimp Fried Rice

4 servings

30 minutes

Ingredients

170 grams Quinoa (uncooked)
355 milliliters Water
455 grams Shrimp (cooked, peeled and patted dry)
Sea Salt & Black Pepper (to taste)
1 tsp Paprika
1/4 tsp Cayenne Pepper
1 1/2 tsp Chili Powder
2 Egg
1/2 Yellow Onion (diced)
160 grams Frozen Peas
2 Garlic (cloves, minced)
5 stalks Green Onion (chopped)
2 tbsps Extra Virgin Olive Oil (divided)
2 tps Red Pepper Flakes
2 tbsps Tamari

Directions

- 1 Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
- 3 Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
- 4 Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
- 5 Add in shrimp, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy with chopsticks!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.



Veggie Ramen

4 servings

30 minutes

Ingredients

- 4 Egg
- 2 tsps Sesame Oil
- 1 tbsp Ginger (grated)
- 2 Garlic (cloves, minced)
- 1.4 liters Vegetable Broth (or any type of broth will work)
- 290 grams Shiitake Mushrooms
- 1 tbsp Tamari
- 225 grams Brown Rice Spaghetti
- 180 grams Broccoli (chopped into small florets)
- 120 grams Baby Spinach
- 165 grams Frozen Corn (thawed)
- 3 stalks Green Onion (chopped)

Directions

- 1 Tap the bottom of each egg on a curved surface to make a small circular crack through the shell but do not rupture the inner membrane. Add cold tap water to a pot so it covers the eggs. Place the pot over high heat until it comes to a boil. Once boiling, set the timer for 4 minutes (or 6 to 8 if you like the yolk cooked through). Remove the eggs from the water when they are done and place them in a bowl of cold water to prevent them from overcooking.
- 2 Place a large soup pot over medium heat. Add the sesame oil, ginger and garlic. Saute for about 1 minute and then pour in the chicken broth. Add the mushrooms and tamari. Bring to a boil then reduce heat to a simmer.
- 3 Add the brown rice noodles and cook for about 7 minutes or until al dente.
- 4 Set the broccoli on top and steam until bright green (about 4 minutes).
- 5 Set the baby spinach on top and steam until wilted (about 1 to 2 minutes). Turn off the heat.
- 6 Take a spoon and tap the eggs all over to create tiny cracks. Run them under cold water for a few minutes and then peel. Slice each egg in half.
- 7 Ladle your soup into bowls. Top with with the thawed corn, green onion and egg. Sprinkle with sesame seeds and tabasco sauce if you desire.

Notes

Better Broth: Good ramen is all about the broth. Try making your own bone broth or veggie broth for some really awesome flavour.

Missing Veggies: Use up whatever veggies you have on hand. Cauliflower, cabbage, zucchini - anything goes really!



Top With: Your favourite ramen condiments like sesame seeds, hot sauce or nori.



Singapore Noodles with Crispy Tofu

4 servings

1 hour

Ingredients

450 grams Tofu (extra firm)
60 milliliters Tamari
1 tbsp Sesame Oil
1 tbsp Rice Vinegar
2 tbsps Curry Powder
1/4 tsp Sea Salt
2 tbsps Sesame Seeds
2 tbsps Coconut Oil (divided)
110 grams Brown Rice Vermicelli Noodles (dry)
1 tbsp Ginger (peeled and grated)
2 Garlic (cloves, minced)
340 grams Coleslaw Mix (pre-sliced from the bag)
4 stalks Green Onion

Directions

- 1 Pat tofu dry with paper towels or a clean tea towel. Wrap it in a dry towel or paper towels and place it between two cutting boards or plates. Place a weight (such as a pot of water or heavy books) on top to press the tofu. Leave it for about 30 minutes to remove moisture.
- 2 While the tofu is being pressed, make the stir fry sauce by combining the tamari, sesame oil, rice vinegar and curry powder in a small bowl. Set aside.
- 3 Once the tofu has finished being pressed, pat it dry again and cut it into small cubes. Sprinkle with sea salt and sesame seeds. Melt half the coconut oil in a large skillet over medium heat. Add the tofu cubes, cooking until golden brown and crispy on all sides.
- 4 While the tofu is cooking, place the rice noodles in a bowl and bring a full kettle of water to a boil. Pour hot kettle water over the noodles and let stand for about 5 minutes, then drain.
- 5 Remove the tofu from the skillet. Add the rest of the coconut oil and the ginger, garlic and coleslaw mix. Sauté for 1 to 2 minutes.
- 6 Add the cooked rice noodles, stir fry sauce, and crispy tofu cubes back to the skillet. Toss the contents of the skillet together until everything is combined and evenly coated with sauce. Remove from heat and sprinkle the green onions over top. Enjoy!

Notes

No Tofu: Use edamame, cashews, or tempeh.

Save Time: Skip the tofu-pressing step. The tofu may not get as crispy but will still be delicious!

Leftovers: Keeps well in the fridge up to 3 to 4 days.



Coconut Cod & Spinach with Rice

2 servings

15 minutes

Ingredients

90 grams Jasmine Rice (dry)
240 milliliters Canned Coconut Milk
120 milliliters Water
1 tbsp Tamari
1 tbsp Rice Vinegar
2 Bay Leaf
1/8 tsp Sea Salt (or more to taste)
2 Cod Fillet
60 grams Baby Spinach (chopped)

Directions

- 1 Cook rice according to instructions on the package and set aside.
- 2 In a saucepan over medium heat, combine coconut milk, water, tamari, vinegar, bay leaves and salt. Add the cod fillets and simmer for 8 minutes or until flesh is opaque.
- 3 Stir in spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Deeper Flavour: Let the cod fillets sit in the marinade overnight before cooking. You may also add grated ginger.

No Jasmine Rice: Serve it with brown rice, quinoa, couscous or cauliflower rice instead.

No Rice Vinegar: Use apple cider vinegar instead.

No Spinach: Use baby bok choy or broccolini instead.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.



Sesame Trout, Bok Choy & Quinoa

4 servings

20 minutes

Ingredients

170 grams Quinoa (dry, uncooked)
475 milliliters Water
4 Rainbow Trout Fillet
560 grams Bok Choy (baby, halved)
2 tbsps Avocado Oil
1/2 tsp Sea Salt
1 tbsp Sesame Seeds

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Combine quinoa and water together in a saucepan. Bring to a boil and then reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
- 3 Meanwhile, add the trout and bok choy to a baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes or until the fish is cooked through.
- 4 Divide the quinoa, trout and bok choy onto plates. Enjoy!

Notes

Trout Fillets: Each fillet should be approximately 159 grams or 5.6 ounces in size.

No Trout: Use salmon instead.

Save Time: Cook the quinoa ahead of time. Cooked quinoa can be refrigerated up to 7 days, or frozen in individual portions up to 8 months.

Storage: Refrigerate in an airtight container up to 2 to 3 days.

Serving Size: One serving is equal to 1 trout fillet, 3/4 cup of quinoa and 1.5 cups of bok choy.



Mushroom Miso Soup

2 servings

25 minutes

Ingredients

710 milliliters Water
240 milliliters Vegetable Broth
220 grams Shiitake Mushrooms (sliced)
170 grams Tofu (drained, rinsed and cut into cubes)
1 tsp Ginger
1 tbsp Tamari
3 tbsps Miso Paste
40 grams Kale Leaves (roughly chopped)
2 stalks Green Onion (optional, sliced)

Directions

- 1 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 2 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 3 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 4 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 cups.

More Flavor: Add sesame oil once finished cooking.

Additional Toppings: Add noodles, or some nori to the soup when finished cooking.

No Vegetable Broth: Use water instead and increase the amount of miso slightly for more flavor.

Miso Paste: This recipe was developed and tested using white miso.



Thai Cauliflower & Sweet Potato Curry

4 servings

35 minutes

Ingredients

1/2 Yellow Onion (chopped)
3 Garlic (clove, minced)
1 tbsp Ginger (fresh, grated or minced)
60 milliliters Water
2 tbsps Thai Red Curry Paste
355 milliliters Vegetable Broth
240 milliliters Canned Coconut Milk (full fat)
105 grams Dry Red Lentils
1 head Cauliflower (small, chopped into florets)
1 Sweet Potato (medium-sized, peeled and cut into cubes)
4 grams Cilantro (chopped, optional for garnish)

Directions

- 1 Heat a large pot over medium heat. Add the onion, garlic, ginger and water and cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.
- 2 Add the curry paste and stir to combine with the onion mixture. Stir in the broth and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.
- 3 Add the cauliflower and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
- 4 Season with additional salt if needed and divide between bowls. Top with cilantro, if using, and enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 2 cups of curry.

More Flavor: Stir in lime juice and serve with extra lime wedges and cilantro. For a spicier curry, add more curry paste or serve with hot sauce.

Serve it With: Serve with brown or jasmine rice, quinoa, rice noodles or cauliflower rice.



Crispy Coconut Shrimp

2 servings

20 minutes

Ingredients

2 tbsps Tapioca Flour
2 tbsps Coconut Flour
25 grams Unsweetened Shredded Coconut
1 Lime (zested)
60 milliliters Canned Coconut Milk (full fat)
225 grams Shrimp (peeled, deveined, tail attached)
1 1/2 tps Coconut Oil
4 grams Cilantro (finely chopped, for topping)

Directions

- 1 On a small plate or bowl, add the tapioca flour. On a separate plate add the coconut flour, shredded coconut and lime zest. Mix well to combine. In a small bowl, add the coconut milk.
- 2 One by one, dip the shrimp in the tapioca flour and shake off any excess. Then dip in the coconut milk, shaking off any excess. Then dip in the shredded coconut mixture. Place on a plate and repeat until all of the shrimp are done.
- 3 Heat a skillet over medium heat and add the coconut oil. Add each shrimp to the pan and cook for 3 to 4 minutes per side. Divide onto plates and top with cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add paprika or chili flakes to the coconut flour mixture.



Shrimp & Veggie Curry

2 servings

20 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 2 tsps Turmeric
- 1/2 tsp Sea Salt
- 1/4 tsp Cinnamon
- 240 milliliters Canned Coconut Milk (full fat)
- 120 milliliters Water
- 1 Carrot (peeled, sliced)
- 1 Zucchini (sliced)
- 340 grams Shrimp (peeled, deveined)
- 1 tbsp Lime Juice (optional)

Directions

- 1 In a large pot, heat the oil over medium-high heat. Add the onion, garlic and ginger and cook for about 5 minutes until the onion has softened. Add the turmeric, salt and cinnamon and stir to combine.
- 2 Stir in the coconut milk and water and bring to a gentle boil then add the carrots. Stir often and let the carrots cook for 5 to 7 minutes until just tender.
- 3 Add the zucchini and the shrimp. Continue to stir often and cook for another 3 to 5 minutes or until the shrimp are cooked through and zucchini is just tender. Stir in the lime juice, if using. Divide between plates & enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Use yellow curry powder instead of turmeric. Add cumin, chili powder or coriander.

Additional Toppings: Serve with cilantro, red pepper flakes or extra lime wedges.

More Veggies: Add spinach or kale leaves.

Serve it With: Serve alongside cauliflower rice, brown or jasmine rice, or quinoa.



Crispy Sweet & Sour Tofu

4 servings

20 minutes

Ingredients

30 grams Arrowroot Powder (divided)
120 milliliters Water
3 tbsps Avocado Oil (divided)
2 Garlic (cloves, minced)
1 tsp Ginger (minced)
1 tsp Sriracha
60 grams Sugar Free Ketchup
2 tbsps Rice Vinegar
1 tbsp Tamari
455 grams Tofu (extra-firm, pressed and cubed)
4 grams Cilantro (finely chopped, optional)
1 tsp Sesame Seeds (optional)

Directions

- 1 In a small bowl add 1/4 of the arrowroot powder to the water and whisk well. Set aside.
- 2 In a small saucepan over medium-low heat, add 1/4 of the oil. Once hot, add the garlic and ginger and cook until fragrant, about 1 to 2 minutes. Then add the sriracha, ketchup, rice vinegar, tamari and the arrowroot mixture. Whisk well to combine and let it come to a boil. Reduce the heat and let it simmer for about 5 minutes. Turn off the heat.
- 3 In a large bowl, toss the tofu with the remaining arrowroot powder and remaining oil. Toss gently to combine, ensuring the tofu is coated and no white powder remains.
- 4 Heat a cast-iron skillet over medium heat. Once hot, add the cubed tofu and cook until crispy on one side, about 5 minutes. Flip and cook for another 5 minutes, until crispy.
- 5 Turn the heat off, but leave the skillet on the same burner. Add the sweet and sour sauce to the tofu and toss to combine. Divide onto plates and top with cilantro and sesame seeds, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 1 cup cubed tofu.

No Ketchup: Use tomato paste instead.

No Sriracha: Use red pepper flakes instead, or omit for no spice.

No Rice Vinegar: Use lime juice instead.

How to Serve: Serve with rice, quinoa, cauliflower rice or noodles.

Extra-Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the



tofu rest like this for 15 to 30 minutes.



Mushroom & Edamame Stir Fry

2 servings

20 minutes

Ingredients

- 1 1/2 tps Sesame Oil
- 10 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (small, sliced)
- 20 grams Kale Leaves (finely chopped)
- 310 grams Frozen Edamame (thawed)
- 2 tbsps Vegetable Broth
- 2 tbsps Tamari
- 1 tbsp Ginger (fresh, finely grated)
- 2 Garlic (clove, minced)
- 170 grams Cauliflower Rice

Directions

- 1 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 2 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 3 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 4 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 5 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 6 To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add rice vinegar, honey or red pepper flakes to the sauce.

Additional Toppings: Asian-style hot sauce or sesame seeds.

No Cauliflower Rice: Use white rice, brown rice or quinoa instead.

No Kale : Use spinach or Swiss chard instead.



Baked Tofu & Cabbage with Peanut Ginger Sauce

2 servings

40 minutes

Ingredients

175 grams Tofu (extra firm, cubed)
155 grams Frozen Edamame
2 tbsps Tamari (divided)
355 grams Purple Cabbage (cut into 1-inch strips)
1 tbsp All Natural Peanut Butter
1 tsp Ginger (fresh, grated)
1 1/2 tps Lime Juice
1 1/2 tbsps Water
85 grams Cauliflower Rice

Directions

- 1 Add the tofu and edamame to a mixing bowl with 3/4 of the tamari and toss to coat. Let the tofu marinate while preheating the oven.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Arrange the cabbage on one side of the baking sheet and the marinated tofu and edamame on the other. Bake for 30 minutes stirring halfway through.
- 4 Meanwhile, in a small mixing bowl combine the peanut butter, ginger, lime juice, and the remaining tamari. Stir in the water to thin the sauce.
- 5 To serve, divide the cauliflower rice between plates. Top with the baked cabbage and tofu and drizzle with the sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Nut-Free: Use sunflower seed butter instead of peanut butter.

More Flavor: Add garlic, honey, sesame oil, or red pepper flakes to the sauce.

No Tamari: Use coconut aminos instead.

More Carbs: Serve with rice or quinoa instead of cauliflower rice.



Spicy Edamame Fried Cauliflower Rice

2 servings

15 minutes

Ingredients

- 1 1/2 tps Sesame Oil
- 1/2 Yellow Onion (finely chopped)
- 1 Yellow Bell Pepper (chopped)
- 235 grams Frozen Edamame
- 175 grams Tofu (extra firm, crumbled)
- 3 tbsps Tamari
- 2 Garlic (clove, minced)
- 1 1/2 tps Ginger (fresh, grated)
- 1 1/2 tps Sriracha
- 85 grams Cauliflower Rice

Directions

- 1 Heat the oil in a large pan or skillet over medium-high heat. Add the onion, bell pepper, and edamame. Cook for 3 to 5 minutes, stirring often until the onions have softened and edamame has warmed through. Add the crumbled tofu and continue to cook for about 3 minutes more until the tofu has warmed through.
- 2 Meanwhile, combine the tamari, garlic, ginger, and sriracha in a small mixing bowl.
- 3 Make a well in the middle of the pan. Pour the sauce into the well then slowly start to stir it into the tofu mixture. Continue to cook for another minute.
- 4 Stir in the cauliflower rice and cook until the cauliflower meets your desired texture. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Green onion, cilantro, sesame seeds, or red pepper flakes.

More Vegetables: Add carrots, peas, or baby spinach.

No Yellow Bell Pepper: Use any color bell pepper or mushrooms instead.

No Sesame Oil: Use coconut oil or avocado oil instead.



Kimchi Tofu Scramble

2 servings

10 minutes

Ingredients

- 1 1/2 tps Sesame Oil
- 455 grams Tofu (regular firm, patted dry, crumbled)
- 1 tbsp Tamari
- 85 grams Kale Leaves (stems removed, finely chopped, packed)
- 2 tbsps Nutritional Yeast
- 150 grams Kimchi (drained)

Directions

- 1 Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
- 2 Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
- 3 Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one cup.



Kimchi & Kale Scrambled Eggs

2 servings

10 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 6 Egg (whisked)
- 40 grams Kale Leaves (tough stems removed, finely chopped, packed)
- 60 milliliters Water
- 150 grams Kimchi (drained)

Directions

- 1 Heat the oil in a pan over medium-high heat.
- 2 Add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the pan until fluffy and barely set, about two minutes. Transfer to a bowl.
- 3 Add the kale leaves and water to the pan and cook until tender, about two to three minutes. Drain any excess liquid.
- 4 Turn off the heat and gently fold in the scrambled eggs and kimchi until warmed through. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups or 280 grams.

More Flavor: Season with fresh herbs, salt, and pepper to taste.

Additional Toppings: Green onions, avocado, chives, red pepper flakes, or mushrooms.



Tofu & Broccoli Green Curry

2 servings

30 minutes

Ingredients

175 grams Tofu (extra firm, pressed and cut into small cubes)
2 tbsps Coconut Aminos
3 tbsps Green Curry Paste
365 milliliters Canned Coconut Milk
275 grams Broccoli (cut into florets)

Directions

- 1 In a mixing bowl combine the tofu and coconut aminos. Toss to combine. Let the tofu marinate while preheating the oven.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment.
- 3 Arrange the tofu on the baking sheet and bake for 22 to 25 minutes, flipping halfway through.
- 4 Combine the curry paste and coconut milk in a pot over medium heat. Stir to combine then bring to a simmer.
- 5 Add the broccoli to the pot and cook uncovered for five to eight minutes or until the broccoli is tender. Stir in the baked tofu. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add fresh ginger, garlic, lime juice, cilantro or basil.

Make it Vegan: Ensure the curry paste does not contain fish sauce or shrimp paste.

Curry Paste: This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Consistency: For a thinner curry add vegetable broth.

No Coconut Aminos: Use tamari or soy sauce instead.



Spicy Shrimp Sushi Bowls

2 servings

30 minutes

Ingredients

- 140 grams Brown Rice
- 225 grams Shrimp (large, peeled, deveined)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 1/2 tsp Sriracha
- 1/2 tsp Tamari
- 1 Carrot (shredded)
- 1/2 Cucumber (sliced)
- 1/2 Avocado (cubed)

Directions

- 1 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 2 Pat the shrimp really dry using paper towel. Heat a cast-iron skillet over medium heat and add the oil. Once hot, add the shrimp and cook for two to three minutes per side, until pink and cooked through. Remove and set aside to cool.
- 3 Meanwhile, mix the mayonnaise, sriracha, and tamari in a small bowl. Add the cooled and cooked shrimp and toss to combine.
- 4 Divide the rice, carrot, cucumber, and avocado into bowls. Add the shrimp and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add grated ginger or garlic to the shrimp when cooking or into the sauce. Season with salt to taste.

Additional Toppings: Sesame seeds and/or lime zest.



Tofu & Broccoli Salad with Peanut Sauce

4 servings

50 minutes

Ingredients

480 grams Tofu (extra-firm, pressed, cubed)
2 tbsps Tamari (divided)
2 tbsps Rice Vinegar (divided)
1 1/2 tbsps Sesame Oil (divided)
1 tsp Arrowroot Powder
65 grams All Natural Peanut Butter
2 tbsps Water
275 grams Broccoli (chopped into tiny florets)
40 grams Radishes (thinly sliced)
35 grams Raw Peanuts (roughly chopped)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the tofu to a large baking dish along with half of each the tamari, the rice vinegar, and the sesame oil. Marinate for 15 minutes. Add the arrowroot powder and gently toss to combine.
- 3 Add the tofu to the baking sheet, spacing the pieces out. Bake for 25 to 30 minutes, flipping halfway through.
- 4 Meanwhile, add the peanut butter and water to a bowl along with the remaining tamari, rice vinegar, and sesame oil. Mix well until combined.
- 5 Add the broccoli and radishes to a salad bowl and add the peanut dressing and toss to combine. Top with crispy tofu and peanuts. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 1 1/2 cups of salad.

Nut-Free: Use sunflower seed butter and omit the peanuts.

More Flavor: Add chili flakes, sriracha, and/or grated ginger to the peanut sauce. Garnish with cilantro.

No Arrowroot Powder: Use cornstarch instead.



One Pot Cauliflower & Lentil Green Curry

2 servings

30 minutes

Ingredients

60 milliliters Water
1 Yellow Onion (medium, chopped)
65 grams Green Curry Paste
355 milliliters Vegetable Broth
240 milliliters Canned Coconut Milk
105 grams Dry Red Lentils (rinsed)
1/2 head Cauliflower (small, cut into florets)
1 tbsp Coconut Aminos
1 tbsp Lime Juice
4 grams Cilantro (chopped, optional for serving)

Directions

- 1 Heat the water in a pot over medium heat. Add onions and cook for about three to five minutes until the onions begin to soften. Stir in the curry paste and continue to cook for another minute. Stir in the vegetable broth and coconut milk and bring to a simmer.
- 2 Stir in the lentils and cook for about 10 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan.
- 3 Add the cauliflower to the pot and continue to cook for seven to eight minutes or until the cauliflower florets are tender. Stir in the coconut aminos and lime juice.
- 4 Divide between bowls and garnish with the cilantro (if using). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately two cups.

More Flavor: Add fresh garlic or ginger.

Make it Vegan: Ensure the curry paste does not contain fish sauce or shrimp paste.

No Cauliflower: Use broccoli instead.

Curry Paste: This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Consistency: For a thinner curry add more vegetable broth.

Serve it With: Rice, quinoa or cauliflower rice.



Citrus Coconut White Fish

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin
- 1/8 tsp Sea Salt
- 1/2 Tomato (large, diced)
- 60 milliliters Orange Juice (freshly squeezed)
- 60 milliliters Canned Coconut Milk (full-fat)
- 4 grams Cilantro (chopped)
- 2 Cod Fillet

Directions

- 1 In a pot just large enough to fit the fillets, heat the oil over medium heat. Add the onions and cook for three to five minutes or until the onions start to soften. Add the garlic, cumin, salt, and tomato and stir to combine. Cook for another minute.
- 2 Add the orange juice and simmer for two to three minutes until the tomatoes begin to soften. Stir in the coconut milk and cilantro and bring the liquid to a simmer.
- 3 Add the cod fillets to the pot and cover with the lid. Steam the cod for six to 10 minutes or until cooked through and flakey. The cooking time will depend on the thickness of the fillets.
- 4 Divide the filets between plates and top with the citrus coconut sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.

Additional Toppings: More cilantro, lime wedges, or red pepper flakes.

No Cod: Use another white fish, like haddock, instead.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.



Fresh Salad Rolls

4 servings

15 minutes

Ingredients

85 grams Rice Vermicelli Noodles
2 tbsps Tamari
1 1/2 tbsps Rice Vinegar
2 Garlic (cloves, minced)
1 1/2 tsps Ginger (minced)
1 tbsp Water
8 Rice Paper Wraps
1/4 head Iceberg Lettuce (leaves pulled apart)
1 Red Bell Pepper (medium, sliced)
1 Carrot (large, shredded)
180 grams Purple Cabbage (thinly sliced)

Directions

- 1 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 2 In a bowl, whisk together the tamari, rice vinegar, garlic, ginger, and water. Adjust to taste as needed.
- 3 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the lettuce, vermicelli, bell pepper, carrot, and cabbage near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 4 Dip into the sauce and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

Serving Size: One serving equals approximately two rolls.

Additional Toppings: Add bean sprouts, crushed peanuts, cilantro, Thai basil, mint, or cucumbers.

Hoisin Lover: Instead of the tamari sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.



Tofu Veggie Fried Rice

4 servings

35 minutes

Ingredients

185 grams Jasmine Rice (uncooked)
1 1/2 tbsps Sesame Oil (divided)
455 grams Tofu (extra firm, drained and diced)
Sea Salt & Black Pepper (to taste, divided)
180 grams Broccoli (chopped)
90 grams Purple Cabbage (thinly sliced)
1 Carrot (medium, diced)
4 Egg (large, whisked)
3 tbsps Tamari
3 stalks Green Onion (sliced)

Directions

- 1 Cook the jasmine rice according to package directions.
- 2 Heat half of the sesame oil in a large non-stick pan over medium heat. Cook the tofu for about five minutes or until browned, frequently tossing. Season with salt and pepper and transfer to a bowl.
- 3 In the same pan, heat the remaining sesame oil over medium heat. Cook the broccoli, purple cabbage, and carrots until fork-tender, about five to seven minutes.
- 4 Slide the veggies to the side of the pan and add the eggs. Gently push the eggs back and forth with your spatula until scrambled and cooked through.
- 5 Add the rice over top of the eggs and break it up with your spatula. Add the tofu and tamari. Gently stir until everything is well combined. Divide into bowls, garnish with green onions and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

No Tamari: Use soy sauce or coconut aminos instead.

Additional Toppings: Add corn, mushrooms, or green peas.



Pan Fried Shrimp, Snap Peas & Rice

4 servings

20 minutes

Ingredients

185 grams Jasmine Rice (uncooked)
455 grams Shrimp (peeled, deveined)
1/2 tsp Sea Salt
2 tbsps Extra Virgin Olive Oil
300 grams Snap Peas (trimmed)
3 tbsps Chives (chopped)

Directions

- 1 Cook the rice according to the directions on the package and set aside.
- 2 Meanwhile, place the shrimp on a plate lined with paper towel and pat dry. Season the shrimp with the salt.
- 3 Heat a cast-iron skillet over medium heat and add the olive oil. Once the skillet is warmed, add the shrimp and cook for three minutes per side, until pink and cooked through. Remove and set aside. Add the snap peas and toss. Cook for two to three minutes, until tender-crisp.
- 4 Divide the rice onto plates and top with shrimp and snap peas. Garnish with chives and season with salt to taste.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Use ghee or butter to finish cooking the shrimp. Add chili flakes or black pepper to the shrimp and rice.

No Chives: Use green onion or another fresh herb such as parsley.



Cucumber Soba Noodles with Tempeh

2 servings

25 minutes

Ingredients

- 100 grams Buckwheat Soba Noodles (dry, uncooked)
- 2 tbsps Coconut Aminos
- 1 tbsp Lime Juice
- 1/2 tsp Ginger (fresh, grated or minced)
- 170 grams Tempeh (cut into strips)
- 1 Cucumber (medium, julienned)
- 1 tsp Sesame Seeds

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the coconut aminos, lime juice, and ginger in a bowl.
- 3 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 4 Divide the soba noodles into bowls and top with the tempeh, cucumber, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately three cups.

More Flavor: Add garlic and/or maple syrup.

Additional Toppings: Add sliced green onions or red pepper flakes.



Kimchi & Tofu Rice Bowls

4 servings

35 minutes

Ingredients

185 grams Brown Rice (uncooked)
485 grams Tofu (extra-firm, pressed and cubed)
3 tbsps Tamari (divided)
3 tbsps Rice Vinegar (divided)
1 tbsp Arrowroot Powder
65 grams Sunflower Seed Butter
2 tbsps Water
300 grams Kimchi
1/2 Cucumber (thinly sliced)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 While the oven preheats, cook the brown rice according to package directions and set aside when finished cooking.
- 3 Add the tofu cubes to a bowl and gently toss with 1/3 of the tamari and 1/3 of the rice vinegar. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 4 Meanwhile, pour the remaining tamari, remaining rice vinegar, sunflower seed butter, and water into a mason jar and shake to combine.
- 5 Divide the rice, tofu, kimchi and cucumber into bowls. Drizzle with the sunflower seed butter sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add sriracha or chili flakes to the dressing.

Additional Toppings: Sunflower seeds, sesame seeds, or cilantro.

No Sunflower Seed Butter: Use peanut butter or almond butter.



Orange Sesame Tofu with Greens & Rice

2 servings

30 minutes

Ingredients

95 grams Brown Rice
120 milliliters Orange Juice
1 1/2 tbsps Tamari
1 tbsp Sesame Oil
1 tbsp Ginger (fresh, grated or minced)
200 grams Tofu (extra-firm, cut into thin strips)
1 1/2 tsps Coconut Oil
280 grams Bok Choy (chopped)
1/2 tsp Tapioca Flour

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, combine the orange juice, tamari, sesame oil, and ginger in a zipper-lock bag or shallow bowl. Add the tofu strips and marinate for at least 15 minutes or up to overnight.
- 3 Heat the coconut oil in a large, non-stick pan over medium heat. Gently shake the excess marinade off the tofu strips and place in the pan. Be sure to reserve the marinade. Cook for four to five minutes per side or until browned and slightly crispy (cook in batches if necessary to avoid overcrowding the pan). Transfer to a plate and set aside.
- 4 Add the bok choy to the same pan and cook until wilted and tender, about five to six minutes. Transfer to a plate and set aside.
- 5 Whisk the tapioca flour into the reserved marinade. Add the marinade to the same pan and stir well for about a minute until the sauce has thickened. Add the tofu strips back to the pan and toss to coat in the sauce. To serve, divide the rice, bok choy, and saucy tofu between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add fresh garlic, red pepper flakes, or some maple syrup or coconut sugar to the sauce.

Additional Toppings: Sesame seeds, green onion, or sriracha.

No Bok Choy: Use spinach, kale, collard greens, or swiss chard instead.

No Brown Rice: Use white rice, quinoa, or cauliflower rice instead.

No Coconut Oil: Use extra virgin olive oil or avocado oil instead.



Tofu & Cauliflower Fried Rice

2 servings

35 minutes

Ingredients

95 grams Brown Rice
175 grams Tofu (extra-firm, pressed then crumbled into pieces)
2 tbsps Tamari (divided)
1 tbsp Rice Vinegar
1 1/2 tps Sesame Oil
1 Carrot (medium, peeled and chopped)
80 grams Frozen Edamame (thawed)
80 milliliters Water
2 Garlic (clove, minced)
3 stalks Green Onion (chopped, divided)
1 1/2 tps Sriracha
85 grams Cauliflower Rice

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, add the tofu to a bowl with 1/4 of the tamari and the rice vinegar. Stir to combine and ensure the tofu is well coated.
- 3 Heat the sesame oil over medium heat. Add the seasoned tofu and cook for five to six minutes or until browned. Transfer to a plate or bowl and set aside.
- 4 To the same pan add the carrots, edamame, and water. Cover with a lid and steam for about five minutes until the carrots are just tender.
- 5 Add the garlic and half of the green onion and stir to combine then add the remaining tamari and sriracha. Stir well and ensure the tamari is bubbling before adding the cauliflower rice, cooked brown rice, and tofu to the pan. Stir to combine and continue to cook for two to three minutes or until the cauliflower rice is tender. Stir in the remaining green onions. Season with additional tamari or salt if needed.
- 6 Divide between plates or bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavour: Add fresh ginger.

No Tamari: Use soy sauce or coconut aminos instead.

No Edamame: Use green peas instead.



Bok Choy & Mushroom Ramen

4 servings

35 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil (divided)
4 stalks Green Onion (sliced, white and green parts divided)
6 Garlic (cloves, minced)
290 grams Shiitake Mushrooms (tough stems removed, sliced)
1.4 liters Vegetable Broth
235 milliliters Water
280 grams Bok Choy (halved lengthwise)
1 tsp Miso Paste
370 grams Gluten-Free Ramen Noodles (dry)

Directions

- 1 Heat half of the oil in a large saucepan or Dutch oven over medium heat. Cook the white parts of the green onions along with the garlic until fragrant, about one minute.
- 2 Add the shiitake mushrooms and cook for another one to two minutes. Add the broth and water, bring to a boil, then lower to a simmer. Cook for at least 20 minutes.
- 3 Meanwhile, heat the remaining oil in a skillet over medium-high heat. Cook the bok choy until browned on both sides, about five minutes.
- 4 Just before serving, stir the miso paste into the broth. Add the noodles and cook for three minutes or until soft, stirring well to loosen the noodles.
- 5 Divide the broth, noodles, shiitake mushrooms, and bok choy into bowls. Garnish with the remaining green onions. Enjoy!

Notes

Leftovers: Refrigerate the broth and vegetables separate from the noodles for up to four days. Freeze the broth, if longer. Cook the noodles before serving.

Serving Size: One serving equals approximately 2 1/2 cups.

More Flavor: Add ginger, red pepper flakes and/or sesame oil in the first step. Use low-sodium broth and omit the water. Cook the broth for up to 24 hours. The longer it cooks, the more flavor it will develop.

Additional Toppings: Tamari, lime juice, spinach, nori sheets, crispy tofu, or corn.

No Ramen Noodles: Use shirataki noodles, vermicelli noodles, or brown rice noodles instead.



Thai Red Lentil & Spinach Curry

2 servings

25 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 60 grams Thai Red Curry Paste
- 355 milliliters Vegetable Broth
- 240 milliliters Canned Coconut Milk
- 105 grams Dry Red Lentils (rinsed)
- 60 grams Baby Spinach (chopped)
- 1/2 Lime (juiced)

Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until softened. Stir in the garlic, ginger, and curry paste and cook for another minute more.
- 2 Add the vegetable broth and coconut milk and bring the sauce to a simmer.
- 3 Add the lentils and cook for about 12 to 15 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan. Add the spinach and stir until wilted, then add the lime juice. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/2 cups.

Additional Toppings: Extra lime wedges, cilantro, green onion, coconut aminos, or hot sauce.

Curry Paste: This recipe was created using Thai Kitchen Red Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Serve it With: Rice, quinoa or cauliflower rice.



Soy Glazed Tofu & Mushrooms

4 servings

30 minutes

Ingredients

- 185 grams Brown Rice
- 2 tbsps Avocado Oil
- 400 grams Tofu (extra-firm, pressed and cubed)
- 435 grams Shiitake Mushrooms (stem removed, torn)
- 4 stalks Celery (thinly sliced on a diagonal)
- 1 tsp Ginger (fresh, grated or minced)
- 3 tbsps Tamari
- 1/2 tsp Chili Flakes (optional)
- 1 Lime (juiced)

Directions

- 1 Cook the rice according to package directions.
- 2 Heat a large nonstick skillet over medium heat and add the oil. Once hot, add the tofu and cook for four minutes per side, until crispy and browned. Remove the tofu, leaving the oil in the pan and set aside.
- 3 Add the mushrooms to the skillet and cook over medium heat for four minutes, undisturbed to brown the mushrooms. Then toss and continue cooking for two to three minutes, stirring often.
- 4 Add the tofu back into the skillet with the mushrooms along with the celery, ginger, and tamari and stir to combine. Continue cooking over medium heat, stirring often until the celery has softened a little, about two minutes. Add the chili flakes if using and stir.
- 5 Divide the rice onto plates and top with the tofu and mushroom mixture. Drizzle with lime juice. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add minced garlic and/or sesame oil.

Additional Toppings: Cilantro, green onion, and/or hot sauce.

No Shiitake Mushrooms: Use another mushroom such as king oyster, cremini, or white button.



Coconut Curried Shrimp with Broccoli

2 servings

25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (minced or grated)
- 1 tbsp Curry Powder
- 1/4 tsp Sea Salt
- 240 milliliters Canned Coconut Milk
- 180 grams Broccoli (cut into florets)
- 340 grams Shrimp (raw, deveined, peeled and tails removed)
- 1/2 Lime (optional)

Directions

- 1 Heat the coconut oil over medium heat. Add the onion and cook for three to five minutes or until the onion has softened. Add the garlic, ginger, and curry powder and cook for another minute. Stir in the coconut milk.
- 2 Bring the sauce to simmer then add the broccoli. Cook for five to seven minutes or until the broccoli is fork tender.
- 3 Add in the shrimp and cook for two to three minutes more until the shrimp are opaque and cooked through.
- 4 Remove the pot from the heat and stir in the lime juice (if using) and season with additional salt if needed. Divide between plates or bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add other dried herbs and spices like cumin, chili powder, or coriander.

Additional Toppings: Serve with cilantro, red pepper flakes, or extra lime wedges.

More Veggies: Add carrots and spinach.

Serve it With: Cauliflower rice, brown rice, jasmine rice, or quinoa.



Asparagus, Soba & Tempah

4 servings

15 minutes

Ingredients

- 200 grams Buckwheat Soba Noodles (dry, uncooked)
- 200 grams Asparagus (trimmed, cut into bite sized pieces)
- 3 tbsps Miso Paste
- 2 tbsps Rice Vinegar
- 1 tsp Ginger (fresh, minced)
- 3 tbsps Water
- 340 grams Tempah (cut into strips)
- 2 tsps Sesame Seeds

Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
- 3 In a separate bowl, combine the tempah and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempah. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 4 Divide the soba noodles into bowls and top with the tempah, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Additional Toppings: Add sliced green onions or red pepper flakes.



Korean-Style Rolled Omelette

2 servings

10 minutes

Ingredients

- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 2 stalks Green Onion (sliced)
- 1/2 Carrot (finely chopped)
- 1 1/2 tsps Avocado Oil

Directions

- 1 In a small bowl, whisk the eggs with salt and pepper. Add the green onion and carrot and stir to combine.
- 2 Heat a medium sized skillet over medium heat and add the oil. Once warm, add about half of the egg mixture (just enough for a thin layer) and swirl to cover the base of the skillet. Let it cook until the top is almost just set, but still a little wet. Reduce the heat to low.
- 3 Use a spatula to lift one end of the egg and fold it over until about halfway through the omelette. Increase the heat to medium, and carefully pull the omelette back to the halfway point of your pan. Pour more of the egg mixture to cover the open spot where you just pulled the omelette from (do not pour the egg mixture on the part of the pan beyond the rolled part). Reduce the heat to low and cook for one to two minutes more.
- 4 Repeat the same process, folding the omelette over again and pour more of the egg mixture until the egg mixture is finished. Once it is fully rolled, let it sit on low heat for three to four minutes to finish cooking through. Remove from the skillet and let cool slightly before slicing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to about six small pieces of sliced omelette.

Additional Toppings: Add chopped cooked ham to the omelette.



Japanese Green Tea Rice with Salmon

1 serving
20 minutes

Ingredients

60 grams Jasmine Rice (dry, uncooked)
240 milliliters Green Tea (brewed)
100 grams Canned Wild Salmon
(flaked)
1/4 stalk Green Onion (sliced)

Directions

- 1 Cook the rice according to package instructions.
- 2 Place the rice in a bowl and pour the green tea overtop. Top with salmon and green onion. Enjoy!

Notes

Leftovers: Enjoy immediately for best results or refrigerate in an airtight container for one day.

More Flavor: Add salt, black pepper, mirin, tamari, soy sauce, or coconut aminos.

Additional Toppings: Top with crushed rice crackers, seaweed, cod or salmon roe, pickled veggies, or wasabi.

No Green Tea: Use ginger tea instead.



Japanese Breakfast Rice Bowl

2 servings

30 minutes

Ingredients

185 grams Brown Rice (short grain preferred, uncooked)
415 milliliters Water
2 Egg
2 tsps Tamari
1/2 Avocado (sliced)
2 tsps Sesame Seeds
2 Nori Sheets (small, sliced thin)
1 stalk Green Onion (sliced)

Directions

- 1 In a small saucepan, combine the rice with the water and bring to a low boil over medium-high heat. Reduce the heat to low and simmer uncovered, until cooked through, stirring often, about 20 minutes.
- 2 Once the rice has finished cooking, divide into serving bowls and crack the egg into each bowl, stirring vigorously with a fork or chopsticks until incorporated. The hot rice will cook the egg.
- 3 Add the tamari to the rice and stir. Top with avocado, sesame seeds, nori, and green onion. Serve and enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

Serving Size: One serving is equal to approximately 1 1/2 cup of rice and egg mixture.

More Flavor: Add chili flakes to the rice.

Additional Toppings: Top with more vegetables, such as broccoli, steamed bok choy, or sauteed spinach.

Cooking the Rice: In order to cook the egg, the rice should be freshly cooked and very hot. If using leftover rice, heat it back up until very hot and then proceed with step two.



Crispy Ground Tofu on Rice

4 servings

25 minutes

Ingredients

- 2 tbsps Tamari
- 2 tbsps Avocado Oil
- 1 1/2 tbsps Rice Vinegar
- 1 tsp Garlic Powder
- 1 tsp Smoked Paprika
- 1 tsp Chili Powder
- 2 tbsps Nutritional Yeast
- 340 grams Tofu (extra firm, pressed, crumbled)
- 185 grams Jasmine Rice (dry, uncooked)

Directions

- 1 Preheat the oven to 400°F (205°C) and lightly grease a sheet pan with oil.
- 2 In a large bowl, whisk together the tamari, oil, rice vinegar, garlic powder, smoked paprika, chili powder, and nutritional yeast. Add in the crumbled tofu and toss well. Transfer to the sheet pan and bake for 18 to 20 minutes, until crispy.
- 3 Meanwhile, cook the rice according to package directions.
- 4 Divide the rice onto plates and top with the tofu mixture. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to three days.

Serving Size: One serving is about 1 1/3 cup rice and tofu.



Vegan Pancit Bihon

4 servings

20 minutes

Ingredients

2 tbsps Avocado Oil (divided)
340 grams Tofu (extra firm, pressed and cubed)
3 tbsps Coconut Aminos (divided)
3 Garlic (cloves, minced)
2 stalks Green Onion (sliced, divided)
140 grams Savoy Cabbage (thinly sliced)
1 Carrot (medium, julienned)
240 milliliters Vegetable Broth, Low Sodium
115 grams Rice Vermicelli Noodles (dry, uncooked)

Directions

- 1 Heat half the oil in a pan over medium-high heat. Cook the tofu and 1/2 of the coconut aminos until crispy and golden, about eight to ten minutes. Transfer to a plate lined with paper towel.
- 2 Heat the remaining oil in the same pan over medium-high heat. Cook the garlic and the white ends of the green onions for one minute. Add the cabbage and carrots. Cook for another five minutes, or until tender.
- 3 Push the cabbage and carrots to the side of the pan. Add the remaining coconut aminos and vegetable broth and bring to a gentle simmer.
- 4 Add the noodles and cook for about three minutes, or until the noodles are al dente. Stir the cabbage, carrots and noodles together. Divide into bowls, top with the crispy tofu and garnish with the remaining green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add ginger, lime juice or fresh herbs.



Salmon & Rice Bowl

6 servings

25 minutes

Ingredients

280 grams Brown Rice (dry)
2 tsps Tamari
2 tsps Extra Virgin Olive Oil
680 grams Salmon Fillet (skin removed)
Sea Salt & Black Pepper (to taste)
75 grams Mayonnaise
1 tbsp Sriracha
2 Avocado (cubed)
1 tsp Sesame Seeds (optional)

Directions

- 1 Cook the rice according to the package directions. When the rice is finished cooking, pour on the tamari and set aside.
- 2 Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Once the salmon has cooled, flake with a fork and set aside.
- 3 In a small bowl, mix together the mayonnaise and sriracha.
- 4 Divide the rice into bowls and top with salmon, avocado, and garnish with sesame seeds. Serve with spicy mayo. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add more sriracha, or sesame oil to the mayo.

Additional Toppings: Top with nori, or serve with a side of kimchi.



Edamame Tuna Salad

2 servings

5 minutes

Ingredients

- 1 1/2 tbsps All Natural Peanut Butter
- 2 tbsps Sesame Oil
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Sesame Seeds
- Sea Salt & Black Pepper (to taste)
- 310 grams Frozen Edamame (thawed)
- 1 can Tuna (drained)
- 1 Carrot (medium, julienned)
- 1 stalk Green Onion (sliced)

Directions

- 1 In a medium bowl, add peanut butter, sesame oil, vinegar, sesame seeds, salt, and pepper. Whisk until combined well.
- 2 In the same bowl, add edamame, tuna, carrot, and green onion. Stir until everything is mixed together and enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups salad.

More Flavor: Add sriracha or chili flakes.

Additional Toppings: Cilantro or mint. Serve over a bed of lettuce.

Nut-Free: Use tahini instead of peanut butter.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Korean Egg Rice

1 serving
25 minutes

Ingredients

60 grams Brown Rice (dry)
1 1/2 tsps Tamari (divided)
1/2 tsp Avocado Oil
1 Egg
75 grams Kimchi
1 stalk Green Onion (sliced)
1 Nori Sheets (small, sliced thin)
1/2 tsp Sesame Seeds

Directions

- 1 Cook the rice according to the package directions. Once cooked, add half the tamari, stir to combine, and set aside.
- 2 Heat a skillet over medium heat and add the oil. Add the egg(s) and cook until the whites are set and the yolk is cooked to your liking.
- 3 Place the rice in a bowl and top with the egg(s). Add the remaining tamari, kimchi, green onion, nori, and sesame seeds. Enjoy!

Notes

Leftovers: The egg is best eaten right after cooking. Rice can be refrigerated in an airtight container for up to three days.

More Flavor: Add toasted sesame oil to the rice.

Additional Toppings: Sriracha, Korean chili flakes, or furikake.

Make it Vegan: Omit the egg and use tofu.



Kimchi, Egg & Rice Bowl

1 serving
15 minutes

Ingredients

100 grams Basmati Rice (uncooked)
2 tsps Extra Virgin Olive Oil
4 Cremini Mushrooms (quartered)
2 Egg
65 grams Bean Sprouts
30 grams Matchstick Carrots
2 tsps Kimchi
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook rice according to package instructions.
- 2 Heat the oil in a pan. Add the mushrooms and cook until golden brown, about five minutes. Remove from pan.
- 3 Add the eggs to the pan and cook until the whites are set and the yolks are cooked to your liking. Remove from pan.
- 4 Divide the rice evenly between bowls. Top with mushrooms, bean sprouts, carrots, kimchi, and eggs. Season with salt and pepper and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Cook the eggs in sesame oil. Serve with soy sauce.



Red Curry Poached Cod

2 servings

20 minutes

Ingredients

100 grams Basmati Rice (uncooked)
200 grams Green Beans (trimmed)
240 milliliters Canned Coconut Milk
2 tbsps Thai Red Curry Paste
1/2 White Onion (small, thinly sliced)
1 Cod Fillet
1 Lime (juiced)
2 tbsps Chives (finely chopped)

Directions

- 1 Cook the rice according to the package directions.
- 2 Add the green beans to a steamer over boiling water, cover, and steam for about four minutes, or until tender.
- 3 Place the coconut milk, curry paste, and onions in a pan over medium-high heat. Bring to a boil, reduce the heat to low, and simmer for two minutes.
- 4 Add the fish, cover, and cook for five minutes, or until cooked through.
- 5 To serve, divide the rice, green beans, fish, and the poaching liquid evenly between plates. Top with lime juice and chives. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 3/4 cups.

More Flavor: Add fresh ginger, garlic and/or Thai basil.

Vegetables: Use broccoli, cauliflower, bell pepper, carrots, kale, or spinach instead of green beans.

Make it Vegan: Use chickpeas, tofu, or tempeh instead of fish.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.



Kimchi Tofu Soup

4 servings

10 minutes

Ingredients

- 300 grams Kimchi (with juice)
- 720 milliliters Vegetable Broth, Low Sodium
- 350 grams Tofu (soft, cut into 1-inch cubes)
- 520 grams Bean Sprouts
- 2 stalks Green Onion (sliced)
- 2 tbsps Cilantro (chopped)

Directions

- 1 Add the kimchi and the broth to a pot. Bring to a boil and cook over medium-high heat for five minutes.
- 2 Reduce the heat to medium-low. Add the tofu and continue cooking for two minutes or just enough to warm the tofu.
- 3 Divide into bowls and top with the bean sprouts, green onions, and cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze individual portions for up to three months.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add sesame oil and/or mushrooms. Use another protein of choice.

Additional Toppings: Chopped peanuts, cashews, or sesame seeds.



Seafood & Cabbage Miso Soup

4 servings

15 minutes

Ingredients

1.7 liters Vegetable Broth, Low Sodium
3 tbsps Sesame Oil
3 tbsps Coconut Aminos
3 tbsps Miso Paste
2 tbsps Ginger (finely chopped)
290 grams Shiitake Mushrooms (sliced)
355 grams Napa Cabbage (thinly sliced)
4 stalks Green Onion (chopped)
225 grams Shrimp (peeled, deveined, and rinsed)
300 grams Salmon Fillet (skinless, cubed)

Directions

- 1 In a large pot, bring the broth, sesame oil, coconut aminos, miso, and ginger to a boil. Simmer over low heat for five minutes.
- 2 Add the mushrooms, cabbage, green onions, shrimp, and salmon to the broth and cook for four to five minutes or until cooked through.
- 3 Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add Sriracha or wasabi paste.

Additional Toppings: Garnish with lime zest, lime juice, and/or mint leaves.



Tofu & Summer Vegetable Red Curry

4 servings

30 minutes

Ingredients

200 grams Basmati Rice (dry)
2 tsps Extra Virgin Olive Oil
2 Carrot (medium, chopped)
1 Zucchini (medium, chopped)
1 Yellow Bell Pepper (medium, chopped)
455 grams Tofu (chopped)
60 grams Thai Red Curry Paste
425 milliliters Canned Coconut Milk
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat the oil in a large pan over medium heat. Add the carrot and cook for five minutes. Add the zucchini and bell peppers and continue to cook for another one to two minutes. Add the tofu and red curry paste, mix to coat, and cook for another one to two minutes.
- 3 Add the coconut milk and season with salt and pepper. Cover with a lid, reduce the heat to low, and simmer for approximately 15 minutes, or until the vegetables are fork-tender.
- 4 Divide the rice and curry between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 3/4 cup of rice and 1 1/4 cup of curry.

More Flavor: Add fresh thai basil or cilantro.

Additional Toppings: Toasted cashews or peanuts.