

# Recipe

## EARLY SPRING FARMERS MARKET MARINATED MUSHROOMS AND COCONUT CURRY

**SERVES 2**

### **THE GOODS:**

Marinated Mushrooms

- 3 C (500g) mushrooms of your choice (I love Shiitake and Pioppino here)
- $\frac{1}{3}$  C Soy Sauce
- tablespoon freshly grated ginger
- $\frac{1}{2}$  tsp curry powder
- chili sauce to taste

Brothy Base:

- 4-6 C vegetable stock (depending on how thick you want the broth)
- 4 T red curry paste
- 1 14oz can Coconut milk

Farmers Market Vegetables:

- Mushrooms (above)
- 1 Yellow or Red onion
- Spinach
- Pak Choy
- Cilantro
- Spring Onions

### **THE METHOD:**

Combine all the ingredients for the marinated mushrooms in a bowl and combine well. Let sit in the fridge for an hour and up to overnight.

In a large pot, heat a few tablespoons of olive oil (coconut or avocado works here, too). Dice the onion and toss to coat in the oil. Let soften for 2-3 minutes. Add the curry paste and coat. Toss over the heat to release some flavor. Add the vegetable stock and the coconut milk as well as any heartier vegetables like broccoli and carrots. Bring everything to a gentle simmer.

Meanwhile, drain off most of the liquid from the mushrooms and pour everything into a cast iron skillet or cooktop. Cook, stirring occasionally until mushrooms are cooked through.

To plate, ladle a healthy amount of broth and veggies into a bowl. Top with marinated mushrooms, shredded carrots, sprouts, cilantro and sesame seeds. For additional protein we love a soft-cooked egg,

chicken or tofu. Gluten free rice noodles would work wonders, too. Just cook them in a separate pot and rinse well before combining.



*Boulder Nutrition*