

PAN SEARED CAULIFLOWER, GINGER, TURMERIC, ORANGE



Portion Size: ½ cup Yield: 4 servings

Cauliflower, Fresh	12 oz.	Orange Juice	2 TBSP
Olive Oil	1-1/2 TBSP	Sea Salt	1/4 tsp
Ginger Root, Fresh, Grated	1 tsp	Black Pepper, Ground	1/4 tsp
Turmeric	1/2 tsp	Olive Oil	1 TBSP
Garlic, Fresh, Peeled, Minced	2 TBSP	Cilantro, Chopped	1 TBSP
Orange Peel, Grated	1 TBSP		

1. Remove leaves from cauliflower, trim base of stem and cut bulb from top down into ¾" slices, being careful not to detach flowers from core. Outer pieces are likely to fall off. Either cut them flat to turn them into small steaks or save them for another use. Cut slices in half.
2. Heat skillet over high heat and cover base with olive oil. Place cauliflower stalks in skillet and sear each side for 3 minutes or until lightly browned. Transfer to a baking sheet, repeat until all pieces are cooked.
3. In a small bowl, whisk together ginger, turmeric, garlic, orange juice and zest, salt, pepper, and olive oil. Brush on both sides of cauliflower steaks and roast at 350°F for 15 minutes or until soft throughout. Remove from heat and top with cilantro leaves.

Nutrition Info (per serving): Cal: 100,
Total Fat: 8g, Sat Fat: 1g, Sodium:
160mg, Carbs: 5g, Protein: 1g,
Sugar: 1g, Fiber: 1g

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Ayam Guring Kunyit (Malaysian Stir Fried Turmeric Chicken)



Portion Size: 1 cup Yield: 18 servings

Green Beans, Fresh	1 lbs.	Onions, Julienne	2 cups
Turmeric, Ground	2-1/4 tsp	Carrots, Sliced Thin	2 cups
Corn Flour, Masa	1/4 cup	Garlic Cloves, Peeled, Minced	2 TBSP
Salt, Kosher	1tsp	Ginger Root, Fresh, Minced	1 TBSP
Black Pepper, Ground	1/4 tsp	Fish Sauce	1 TBSP
Chicken Breast, Cubed	1 lb.	Oyster Sauce	2 TBSP
Canola Oil	1/4 cup	Salt, Kosher	1 tsp

1. Blanch and shock green beans.
2. In a bowl, stir together turmeric, corn flour, salt, and pepper. Toss cubed chicken into mixture until evenly coated. Shake off and discard excess corn flour mixture.
3. Heat oil in a wok or large pan over high heat. Stir fry chicken in batches, removing it from pan and setting it aside once golden brown.
4. After all chicken has been stir fried, add onions and carrots to pan. Stir fry until softened. Add ginger and garlic. Cook until fragrant.
5. Add chicken back to pan along with fish sauce, oyster sauce, and salt. Stir fry until chicken is cooked through. Toss in green beans. Continue cooking just until heated through.

Nutrition Info (per serving): Cal: 160,
Total Fat: 6g, Sat Fat: 0g, Sodium:
550mg, Carbs: 13g, Protein: 13g,
Sugar: 5g, Fiber: 4g

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