

Stir Raw w/ Ginger Miso Sauce

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 1 hour 45 minutes

Chef's Notes

Assorted vegetable examples from Step 2:

- 1/2 cup red bell pepper, julienne
- 1/2 cup red cabbage, shredded
- 1/2 cup carrots, julienne thin
- 1 cup broccoli, in small florets
- 1/2 cup mushrooms of choice, sliced
- 1 cup asian bean sprouts

To warm up this dish and still keep it raw, spread on dehydrator sheets and dehydrate for 1 hour on 115°F (45°C).

Step 1: Preparing the Sauce

- 3/4 cup freshly squeezed orange or tangerine juice
 - 1/4 cup olive or flax oil
 - 3 1/2 tbsp sweet white miso
 - 2 tbsp tamari
 - 1 tsp toasted sesame oil
 - 2 tbsp fresh ginger, minced
 - 2 cloves garlic, minced
- To prepare the sauce, in a high-speed blender, combine the citrus juice, olive oil, miso, tamari, sesame oil, ginger and garlic. Blend until smooth.

Step 2: Combining the Vegetables

- 4 cups assorted vegetables, varying knife cuts of each
 - 1/2 cup fresh cilantro, chopped
 - 1/2 cup fresh basil, torn
- In large bowl, toss all of the vegetables together with the chopped fresh herbs. After a quick toss, remove a small amount of the bean sprouts and herbs and set aside for garnish.

Toss the sauce and vegetable mixture for another minute then let sit for about an hour at room temperature so the vegetables can marinate and soften.

Serve with Raw Noodles or cooked grains.