

DINNER: RAW ZUCCHINI PAD THAI WITH JACKFRUIT AND CANDIED ALMONDS

Whether you build this meal in a bowl or a jar or serve it family style, this raw "noodle" main course will satisfy your need for the punchy tastes of Thai cuisine.

CANDIED ALMONDS

- 1/2 cup (125 mL) raw almonds, soaked in water overnight
- 1 Tbsp (15 mL) coconut sugar or other raw granulated sugar
- 2 tsp (10 mL) sesame seeds
- 1/8 tsp (0.5 mL) salt

SAUCE

- 1 garlic clove, peeled and minced
- 1/4 cup (60 mL) raw almond butter
- 2 tsp (10 mL) minced fresh red Thai chili, or to taste
- 3 Tbsp (45 mL) orange juice
- 2 Tbsp (30 mL) lime juice
- 1 Tbsp (15 mL) low-sodium tamari
- 1 Tbsp (15 mL) raw honey
- 1 tsp (5 mL) grated fresh gingerroot
- Water, to thin

FOR SERVING

- 4 zucchini, spiral sliced or shaved
- 2 - 20 oz (565 g) cans young green jackfruit in water, drained and shredded
- 1 cup (250 mL) fresh cilantro, roughly chopped

Preheat oven to 115 F (46 C). For candied almonds, rinse almonds and drain well; add to medium bowl and toss with sugar, seeds, and salt. Spread onto large parchment-lined baking sheet and dehydrate for 24 hours. Or use dehydrator and follow manufacturer's instructions. Once dehydrated, roughly chop.

In medium bowl, whisk together all sauce ingredients, thinning with water until desired consistency, if necessary.

To serve, divide and layer components, including zucchini, jackfruit, and cilantro, into 4 large glass jars.



Or arrange components in serving bowls, and let diners add sauce to taste. Or toss everything together. Serve.
Serves 4.

Each serving contains: 433 calories; 12 g protein; 20 g total fat (2 g sat. fat, 0 g trans fat); 63 g total carbohydrates (12 g sugars, 8 g fibre); 241 mg sodium >>



To make Pad Thai even more substantial and add another textural component, top with half an avocado per serving.