

PORTOBELLO MUSHROOM HASH SAUCER



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INGREDIENTS

- ◆ 2-4 tablespoons extra virgin olive oil
- ◆ 2 large portobello mushrooms
- ◆ 3 cups Sibley squash (cubed)
- ◆ 2 celery stalks (chopped)
- ◆ 1 white onion (finely chopped)
- ◆ 2 teaspoons turmeric (ground)
- ◆ 8 oz organic sprouted tofu (cubed)
- ◆ 1/2 English cucumber (use as garnish, thinly sliced)
- ◆ 1 scallion (use as garnish, finely chopped)
- ◆ A handful of fresh arugula (bed of greens)



METHOD

First, wash and pat dry produce. Preheat oven to 400°F.

Next, slice Sibley Squash in half, remove the seeds, and dice squash into cubes. Place the squash cubes onto a baking sheet and drizzle olive oil over and place in the oven for about 30 min.

Meanwhile, use a medium size skillet, and add a tablespoon of extra virgin olive oil to it. Toss in the onions and celery, and sauté them until they turn translucent in color. Add sprouted tofu and turmeric to the pan and stir while juices cook-off.

Remove Sibley Squash from oven (should be able to pierce through it with a fork), and add with other ingredients in a skillet and continue to stir.

Lather portobello mushroom in extra virgin olive oil, and place onto a baking sheet top side facing up.

Keep in oven about 15 minutes, until softened (juices will release).

Remove from oven, serve portobello mushroom upside down onto a bed of arugula. Place the sautéed hash over the top and garnish English Cucumber and Scallions. Enjoy!

Store leftovers in a sealed container in the fridge for up to 7 days.