

Steamed Kale with Daikon

Prep Time

5 minutes

Prep Notes

n/a

Cooking Time

5 minutes

Yields

2 servings

Ingredients

1 bunch lacinato kale, chopped with stems
1/2 medium daikon radish, chopped into 1/2 inch chunks
1 tbsp tamari
1 tsp toasted sesame oil
1 tbsp brown rice vinegar
1 tbsp agave syrup

Directions

1. Heat a medium sized pot with 2 inches of water.
2. When the water boils, add kale and daikon radish, blanch for 2 minutes.
3. Drain in a colander and transfer to a large mixing bowl.
4. Add all other ingredients and mix well, tasting to adjust amounts to your desire.

Notes

This dish includes all of the five tastes: Sweet, sour, bitter, salty, and pungent. It can be helpful in bringing balance to the system after a period of not-so-healthy eating.

For variations:

- Add some dulse flakes and sesame seeds.
- Add some toasted pumpkin seeds or walnuts.
- Also try adding other vegetables you like such as cauliflower, broccoli, string beans, or asparagus
- Pair this dish with steamed fish.