

Let's Get Cooking!

A **VIRTUAL COOKING CLASS** with Gabe Nelson and raw chef Emily!

Pad Thai Salad with Almond Curry Sauce

Makes 1 large salad

1 zucchini or zucchini noodles
½ cup shredded cabbage
½ cup shredded carrots
1 stalk chopped celery

¼ bell pepper cut into thin strips
Thinly sliced red onion (optional)
2 tbsp chopped cilantro
Sesame seeds (optional)

1. Spiralize zucchini into noodles and shred carrots.
Skip this step if zucchini is pre-spiralized and carrots are pre-shredded.
(You can use a julienne peeler for this step as well.)
2. Combine all ingredients in a bowl and drizzle sauce over top.
3. Sprinkle with sesame seeds.

Almond Curry Sauce

Makes 4 2 oz servings

¼ cup almond butter
¼ cup water
2 tbsp sesame oil
1 tbsp agave or maple syrup
1 tbsp lime juice
2 tsp tamari

1 tsp red curry paste
1 clove garlic
½ tsp sea salt
¼ tsp ground ginger
Chili flakes (optional)

1. Blend in a high speed blender until smooth.



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Spring Rolls with Orange Peanut Sauce

Rice paper or collard greens (wrapper)
1 bell pepper (red or orange)
Red cabbage
Shredded carrots
Cucumber

Romaine lettuce
Avocado
Cilantro (optional)
Mint (optional)

1. Start by running your cutting board under water.
2. Next rinse the rice paper under water and wet both sides.
3. Placing the rice paper on the wet cutting board add your desired veggies on top.
4. Once the paper becomes soft roll the rice paper like a burrito.
5. Slice in half and enjoy!

Orange Peanut Sauce

Makes 4 2 oz servings

½ cup orange juice
3 tbsp peanut butter
1½ tbsp sesame oil
1 tbsp liquid aminos or soy sauce

1 tbsp agave or maple syrup
¼ tsp onion powder
1 clove garlic

1. Blend in a high speed blender until smooth.

