

Swede Rice with Smokey Avocado

Serves 2

113 g (¼ lb) swede (rutabaga), peeled & diced
2 tsp lemon juice
2 tsp macadamia oil
⅛ tsp anise
¼ tsp salt
2 carrots, finely grated
1 tbsp maple syrup
2 tbsp tamari
2 tsp olive oil
1 date
1 chipotle pepper, soaked
½ tsp cumin
2 avocados, largely diced
Microgreens

1. In your food processor, pulse swede, lemon juice, macadamia oil, anise, and salt until a rice-like consistency is reached.
2. Move mixture to a medium bowl and stir in the grated carrot.
3. In a high-speed blender, blend maple syrup, tamari, olive oil, date, pepper and cumin until completely smooth. If necessary, add a bit of the chipotle soak water to help the blending process.
4. Lightly toss the diced avocado in the maple syrup mixture until well coated.
5. To serve, spoon the desired amount of glazed avocado over a bed of swede rice.
6. Top with microgreens and Weekday Raw Parmesan*

*WDR Parmesan can be found in the 'Time Savers' Module.

It's macadamias grated very finely on a Microplane, mixed with salt and powdered nutritional yeast.

