



## SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

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### Mu Shu Pork Lettuce Cups with Cauliflower Fried “Rice”

#### Mu Shu Pork Lettuce Cups

Recipe from [realplans.com](http://realplans.com)

##### **Ingredients:**

- 1 pound boneless pork chops
- ½ cup hoisin sauce, plus more to taste (see recipe)
- 2 tablespoons coconut aminos
- 1 small Asian cabbage
- 6 ounces shiitake mushrooms
- 4 green onions
- 3 carrots
- 2 tablespoons fresh ginger
- 2 tablespoons coconut oil
- 1 tsp. arrowroot powder, mixed with 2 tsp. water
- 1 head butter lettuce

##### **Hoisin Sauce Ingredients:**

- 6 tablespoons coconut aminos
- 2 tablespoons almond butter
- 2 tablespoons black strap molasses
- 4 teaspoons vinegar
- ¼ teaspoon garlic powder
- 4 teaspoons sesame oil
- Red pepper sauce, to taste

**Instructions:** Place all ingredients in a pint-sized mason jar, secure the lid, and shake until well combined. Use immediately or store in fridge.

##### **Instructions:**

- Slice the pork into thin strips. In a small bowl, add ½ cup hoisin sauce, coconut aminos, and pork strips. Combine well and set aside.
- Core and thinly slice the cabbage. Remove the stems from the mushrooms and the tips of the green onions and slice both thinly. Grate the carrots. Peel and grate ginger.
- In a wok or large frying pan, heat the coconut oil over high heat. Add cabbage, mushrooms, green onions, and carrots and sauté until the veggies are tender. Add ginger and cook for another 30 seconds.
- Add pork in its marinade and stir for 2-3 minutes until pork is lightly browned.
- Stir in the arrowroot/water mixture and cook, stirring often, until the sauce has thickened and the pork is cooked through (about 2-3 minutes).
- Allow pork to cool slightly. Remove whole leaves of the butter lettuce, and serve mu shu pork wrapped in lettuce leaves with extra hoisin on the side.

# Vegetable Cauliflower Fried “Rice”

*Recipe adapted from [wellnessmama.com](http://wellnessmama.com)*

## ***Ingredients:***

1 head FRESH cauliflower (frozen will not work)  
3 eggs  
1 large carrot, finely chopped  
½ cup frozen peas  
1 small zucchini, sliced  
1 onion, finely chopped  
¼ cup coconut aminos  
¼ cup coconut oil  
1 teaspoon garlic powder  
Sea salt and pepper to taste

## ***Instructions:***

- Heat a large skillet on medium high heat and add half of the coconut oil.
- Add the carrot and onion to the skillet and sauté until starting to soften.
- Add zucchini and cook for a few minutes until tender. Add peas and cook until warm. Remove veggies from pan and set aside.
- Grate the cauliflower using a cheese grater or food processor.
- Add the rest of the oil and the cauliflower to the pan.
- Cook, stirring constantly, for 3-4 minutes until cauliflower is starting to soften but not mushy.
- Make a hole in the center of the mixture to reach the bottom of the pan and crack the eggs into the hole.
- Sprinkle with 2 tablespoons of the coconut aminos and the garlic powder, sea salt and pepper.
- Scramble the eggs into the mixture.
- When eggs are cooked, return vegetables to pan and stir.
- Add the remaining coconut aminos and stir until all are heated and flavors are combined.

**Enjoy!**