

THAI SPICE RUB^o



SERVES: 8 (approx. 2 tsp. each) Prep Time: 5 min. Cooking Time: None


CONTAINER EQUIVALENTS: Free



¼ cup	unsweetened shredded coconut, toasted
1 tsp.	ground coriander
1 tsp.	ground dried lemongrass
½ tsp.	ground galangal (or ground ginger)
½ tsp.	garlic powder
1 tsp.	ground turmeric
¼ tsp.	ground cayenne pepper


1. Combine coconut, coriander, lemongrass, galangal, garlic powder, turmeric, and cayenne pepper in a medium bowl; mix well.
2. Store in an airtight container in a cool, dark place.


RECIPE NOTES:

- Shredded coconut can be toasted in a dry, nonstick pan, over medium-high heat, stirring frequently, for 5 minutes. Remove from heat and transfer immediately to a heat-safe bowl to prevent burning.
- Galangal is a rhizome, like ginger root. It has a sharp citrus, almost piney flavor.
- To use this rub on tofu, lightly salt outside of 4 oz. firm tofu that has been patted dry. Sprinkle evenly with 2 tsp. Thai Spice Rub. Grill (or sear) in a nonstick skillet, over medium-high heat, for 3 minutes on each side.
- For a fun side dish, cook brown rice according to package directions, but substitute coconut milk beverage (the one in the carton, not in the can) for cooking water. Add 1 tsp. Thai Spice Rub and 1 dash sea salt (or Himalayan salt) to coconut milk for each ¼ cup dry brown rice you are using. Don't forget to count your  for the rice!

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 23 Total Fat: 2 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 1 mg Carbohydrates: 1 g Fiber: 1 g Sugars: 0 g Protein: 0 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the  icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.