

**Healthy Recipes from
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Contents

1. Fall Cooking Recipes

- a. Potato and Celery Root Puree with Miso Butter
- b. Wild Rice Stuffing
- c. Baked Manicotti with Spinach, Mushrooms and Tomato Sauce

2. Chinese- Inspired Recipes

- a. Shrimp & Vegi Dumplings
- b. Simple Chinese-Inspired Noodle Soup

3. Persian Recipes

- a. Dill Rice
- b. Kookoo Sabzi
- c. “Maast-O-Esfanaj” – Garlicky Spinach Yogurt

4. Spring Recipes

- a. Asparagus Mushroom Pea Pasta Toss
- b. Asparagus Shitake Pea Noodle Salad
- c. Spring Arugula Strawberry Salad with Quick Pickled Onions

5. Thai Cuisine

- a. Pad Kee Mao (Drunken Noodles)
- b. Thai Red Curry
- c. Isaan-Style Laab (Minced meat and fresh herb salad)



1. Fall Cooking Recipes

- Cooking With Arash

a. Potato and Celery Root Puree with Miso Butter

Ingredients:

- 4 large potatoes (russet or idaho are examples)
- 1 Celery Root
- 1/2 cup Vegetable Stock
- 1/2 cup Milk
- 2-3 tablespoons of butter
- 1 tablespoon of White Miso Paste
- 1-2 cloves of garlic (add more or less depending on your taste)
- Chives for garnish



Instructions:

1. Fill a large pot with water and bring to a boil. Peel your potatoes. For celery root (which has a thicker skin), it's easiest to cut the top and bottom off, stand it up on your cutting board, and cut the skin off around the entire thing. When finished, it should be all white, no grit leftover. Cut the celery root and potatoes into 1.5 inch cubes, roughly. Once water is boiling, add the potatoes and celery root, boil on medium heat for 12-15 minutes and until they are soft when you prick them with a fork. Don't overcook! You don't want them mushy and falling apart in the water.
2. While they're cooking, make your miso butter. Put your butter into a small bowl, and make sure it's soft but not melting. If you're taking it straight out of the fridge, you can put it in the microwave for literally a few seconds to soften. Mince your garlic and add to the butter along with the miso paste. (If there's any other seasonings or spices else you want to add here, feel free!) Stir everything together so that the garlic and miso are well absorbed into the butter.
3. Drain the potatoes and celery root and return to your pot or a large bowl. Add the milk, stock and half the miso butter. Using a potato masher or hand blender, mash it all up. If it looks dry, add more stock or milk. Check the seasoning and add salt or pepper or anything else per your preference. Garnish with chopped chives

b. Wild Rice Stuffing

Ingredients:

- 1 and 1/4 cup of Wild Rice
- 1/2 of large yellow onion
- 1 carrot
- 2 stalks of celery
- 8 oz mushrooms (brown, cremini, white or any kind you like)
- 3 cloves garlic
- 1 Apple (I prefer Granny Smith, Pink Lady, Honeycrisp or any other apple that's a little tart)
- 3/4 cup of vegetable stock
- 10 leaves of fresh sage - chopped
- 1/2 cup cranberries (preferably unsweetened!!)
- 1/2 cup pecans in pieces (if you buy whole, then roughly chop so that they're in smaller pieces)
- *Optional Garnish - Fresh chopped parsley or chives and a drizzle of maple syrup and olive oil*



Instructions:

1. Cook the wild rice to package directions. Once cooked, set aside in a bowl. ***ARASH TIP:*** *If in doubt about grain to water ratio, remember that you can always cook any whole grain by bringing plenty of water to a boil, cook the grain like pasta, until it's tender and cooked (but not falling apart) and then drain in a fine mesh strainer.*
2. Preheat your oven to 350.
3. Dice your onions, carrot, and celery. Heat some olive oil or butter in a frying pan over medium heat, add the carrot, celery and onion, season with a little salt and pepper and saute and stir for 3-4 minutes. You want the vegetables to start to sweat but not brown. Chop your mushrooms and add to the pan along with the minced garlic, another pinch of salt and pepper and stir and saute for another 2-3 minutes. Dice your apples into 1 inch pieces (you can leave the skin on) and add to the pan once the mushrooms have softened a bit. Saute for another 2 minutes, then add your vegetable stock. Stir and cook for another 2 minutes. You want the apples and vegetables to be somewhat cooked but not mushy or falling apart and you want a little bit of liquid in your pan (this will be absorbed by your wild rice).
4. Add everything from the pan into your bowl with the wild rice along with the cranberries, pecans, and the sage. Mix everything. If it looks really dry, add another splash of vegetable stock and mix again. Taste the mixture and adjust seasoning accordingly.
5. Put the contents of the bowl into an ovenproof dish. Cover with foil tightly, bake in oven for 30-40 minutes. Remove foil, drizzle with a little olive oil, maple syrup and some fresh chopped parsley or chives (optional). Serve!

NOTE: To save time, you could cook the rice ahead of time and keep in your fridge for couple days before you make the rest of it. Alternatively, you could do steps 1-4 ahead of time and refrigerate until the day of. Then do step 5 in the oven and serve.

c. Baked Manicotti with Spinach, Mushrooms and Tomato Sauce

Ingredients:

- 3/4 of an 8 oz. box of Manicotti Pasta (Should be about 8 actual pasta pieces) - Could also use giant seashells or any other large pasta that you can stuff
- 1 lb of fresh baby spinach
- 3 cloves of garlic - minced
- 10 oz brown crimini or white mushrooms - sliced
- 1 32 oz jar of tomato sauce of your preference (avoid those with a high sugar content!!)
- Juice of 1/2 lemon
- Fresh parmesan to taste
- 10-12 fresh basil leaves (optional)



Instructions:

1. Boil a large pot of water and cook the pasta a minute or two less than the package instructions. You want the pasta to be about 80% cooked and not completely soft. Drain the pasta, rinse with cold water and lay it flat on a baking sheet or plate with a bit of olive oil or oil spray. You want to avoid the pasta from sticking together so don't just leave it piled on itself!
2. While the pasta is cooking, heat 2 tablespoons of olive oil in a frying pan over medium heat. Add the garlic, mushrooms and ALL of the spinach. Season with salt and pepper. (It will look like a lot but it will shrink down, don't worry! If the spinach doesn't all fit right away, add as much as you can, cook and stir for a couple minutes until it shrinks then add the rest.) Stir and cook everything until the spinach has wilted down. Add the lemon juice. Within 5 minutes of total cooking, the mushrooms should be soft and the spinach should be wilted. If there's liquid left in the pan, cook another minute or two to try to get as much of it to evaporate as possible. Turn off the heat and let the mixture cool completely.
3. Preheat your oven to 375.
4. Pour half of the jarred tomato sauce into an ovenproof casserole dish. One by one, take each manicotti, squeeze out any remaining liquid in the spinach and mushroom mixture, stuff the pasta and place onto the bed of tomato sauce. Once you've finished all the pasta and stuffing, pour the remaining tomato sauce on top of the manicotti, sprinkle the whole basil leaves over the pasta and grate some fresh parmesan on top. Cover tightly with foil and bake in the oven for 20-25 minutes.
5. Turn up the oven to 450, remove the foil, and bake for another 3-4 minutes just to brown the top a bit. Remove from the oven and serve!

2. Chinese Inspired Recipes

- Cooking With Arash

a. Shrimp & Veggie Dumplings

Ingredients:

- ½ pound of raw, peeled, deveined shrimp with tails removed (if using frozen, thaw first)
- 1.5 cups Baby Spinach
- ¼ head of green cabbage – shredded
- 2 cloves Garlic – minced
- 1 inch piece Ginger – peeled, finely diced or grated
- 2 Scallions – finely chopped
- 1 Tbsp Soy Sauce
- 1 Tsp Rice Vinegar
- ½ Tsp Sesame Oil
- ½ Tsp White Pepper (or Black Pepper)
- 1 Egg
- 1 Tbsp Vegetable Oil (Avocado, Canola, Peanut, or any neutral oil)
- 1 Package Won Ton, Dumpling or Gyoza wrappers (usually 40-50 wrappers total)

Instructions:

1. Heat a frying pan to medium heat, add the vegetable oil and when hot, add the shredded cabbage. Cook for 3-4 minutes, until softened and tender. Add spinach and cook for 1-2 minutes further until spinach is wilted. If it's drying out, add a splash of water to the pan or cover. Once cooked, turn heat off and let cool completely.
2. Dice the shrimp into very small pieces. Add to a medium size bowl. Add the cooled cabbage/spinach mixture, and all remaining ingredients. Mix together well until everything is well incorporated. If too dry, adjust with wet ingredients so that the mixture is nice and sticky.
3. Lay out a few dumpling wrappers on your cutting board. Place a small spoonful of the filling mixture into each dumpling (smaller amount than you think!), dip your finger into some water and wet one half of the edge of the dumpling wrapper. Fold the dumpling, press the dry edge of the wrapper into the wet side until the dumpling is sealed, place the dumpling onto a baking sheet or large plate with parchment paper. As you make dumplings, make sure you don't let them touch on the baking sheet as they can stick to each other.

** If you want to freeze some or all dumplings, place the entire baking sheet in the freezer, after about an hour and once they've started to freeze, you can put them into a zip lock bag and freeze for up 1-2 months. IMPORTANT! If you skip this step and place the freshly made dumplings into a zip lock bag, they will all stick together.*

***You could use ground meat or plant-based meat in place of shrimp. However, if you use frozen shrimp or animal meat that you thawed, do NOT freeze dumplings!! Refreezing previously frozen meat or seafood can make you sick.*

**** Nice guide for dumpling wrapping - <https://www.youtube.com/watch?v=CrjFoOddNk8>*

b. Simple Chinese-Inspired Noodle Soup

Ingredients:

- 2 Quarts (64 oz) Vegetable or Chicken Stock
- ½ 14 oz can Baby Corn – Drained, rinsed and cut into 1 inch pieces
- 2 Carrots – sliced
- 8 Shitake Mushrooms - sliced
- ½ Red Bell Pepper – sliced into 1 inch pieces
- 1 cup Broccoli – small florets
- 1-2 cups of Baby Bok Choy OR Baby Spinach (or any leafy green you like)
- 4 cloves Garlic – minced
- 2 inch piece Ginger - peeled, finely diced or grated
- 10 oz Chow Mein Noodles (or any noodles you like – Udon, Soba, Rice are all good options)
- 2 Tbsp Soy Sauce
- 1.5 Tbsp Rice Vinegar
- ½ Tsp White Pepper (or black pepper)
- 3 Scallions – finely chopped
- *Optional* - Sriracha OR chili garlic sauce OR any chili sauce you like – to your preference
- *Optional Garnish* - Chopped cilantro, sesame oil, fresh lemon or lime juice

Instructions:

1. In a medium pot, heat the vegetable stock until boiling. Turn heat down to a simmer, add the ginger and garlic and let it infuse into the broth. Cover and simmer on low-medium low heat for 8-10 minutes.
2. While the broth is simmering, in a separate medium pot, bring water to a boil and cook the noodles to package instructions. Drain, rinse with cold water to stop cooking and set aside.
3. Add carrots, mushrooms, bell pepper and baby corn to broth and simmer for 5-8 minutes. Once these vegies are almost cooked, add in broccoli and baby bok choy. Add soy sauce, vinegar, white pepper, and sriracha or chili sauce (if using). Simmer for another 2-3 minutes, taste the soup and adjust seasoning to your preference.
4. Place desired amount of noodles into your bowl, ladle in the soup and vegies to cover the noodles, garnish with chopped scallions and optional garnishes and enjoy! Makes 4 servings.

**Arash Tip – If you have leftovers, keep the noodles separate from the soup. This will prevent them getting soggy and mushy and absorbing all your broth. When ready to eat, heat up soup and pour over noodles.*

3. Persian Recipes

- Cooking With Arash

a. Dill Rice

Ingredients: (2 servings)

- 2 cups Basmati Rice – Rinsed thoroughly
- 1 big bunch Fresh Dill – Stems removed and leaves chopped
- $\frac{3}{4}$ cup Edamame soybeans – Shelled, thawed and drained if using frozen
- ***Optional: 1/8 tsp Saffron – Finely ground in a mortar & pestle

**NOTE: Please use the highest quality saffron you can find, ideally one that's grown in Iran (where 90% of the world's saffron is grown), Pakistan or India. The most commonly found ones are from Italy and Spain and their quality is really poor. It's an expensive spice but you need a VERY tiny amount to cook with. Better to skip it altogether than to use a compromised quality. [Additional info here](#), great quality saffron to [buy online here](#).*

Instructions:

1. Combine the rinsed rice and dill in a rice cooker or instant pot. Fold the dill into the rice, add a tablespoon of olive or vegetable oil, add 2.5 cups of water along with a pinch of salt and pepper. Set to cook for 30-40 minutes. (It helps to know your rice cooker and its functionality).
2. Near the end of cooking, add in the edamame and mix into the rice.
3. Optional: Mix the ground saffron with a tablespoon of hot water in a small bowl or directly in your mortar and pestle. A few minutes before the rice is done, lift the lid and drizzle the saffron water onto your rice.
4. Stir the rice well one last time before serving. Traditionally served alongside fish but also goes really well with the Garlicky Spinach Yogurt below. Enjoy!

b. Kookoo Sabzi

Ingredients:

- 3 bunches Scallion/green onions – Greens only, loosely chopped
- 1 bunch Parsley – Washed, dried, long stems removed
- 1 bunch Mint – Washed, dried, all stems removed
- 1 bunch Cilantro – Washed, dried, long stems removed
- ¾ cup Walnuts
- 5 Eggs
- 1 tbsp Flour – Any flour works
- 1 tsp Turmeric
- 1 tsp Cumin
- 1 tsp Coriander
- 1 tsp Salt & Pepper
- ***Optional: ½ cup Barberries – See note below

**NOTE: Barberries (known as “zereshk” in Farsi) are a tart and tasty dried desert berry. Look for them in a Middle Eastern or Persian market or online. ([Here's a small family owned farm](#) growing them in Washington state for a good price)*

***NOTE: You can use any combination of **fresh**, soft-stem herbs you like. Avoid rosemary, oregano, sage or other “woody” herbs and stick with things like parsley, basil, thai basil, chives, cilantro, mint, tarragon, dill, etc. You want at least 3 big bunches worth but feel free to use more! An easy way to integrate lots of healthy herbs into your cooking.*

Instructions:

1. Combine all ingredients except barberries in a food processor and blend well.
2. Check the consistency. You want it to be a little bit liquidy but not runny or too wet. Add more flour or walnuts if it's too wet. You also want it to be very green and herb dominant, not yellow and egg dominant. Add more fresh herbs if needed.
3. Preheat your oven to 400 degrees. Heat an oven-proof frying pan to medium-high heat on the stove. Add a tablespoon of olive or vegetable oil. Add the entire contents from the food processor and spread it out evenly into the pan. Let it cook for 3 minutes, until the mixture starts to set.
4. Put the frying pan into the oven.
5. After 15-20 minutes, pull the pan out and gently cut the kookoo into slices (I use a spatula). Drizzle another 1-2 tablespoons of oil on top, trying to get some into the cuts you just made. If using barberries, sprinkle over the top. Put the pan back into the oven for another 2-3 minutes to finish cooking.
6. Remove from oven and enjoy warm, at room temperature or cold. Works great as an appetizer or keep the cut slices in the fridge for an easy snack, eat with bread, or put into wraps or sandwiches. Very versatile!

c. “Maast-O-Esfanaj” – Garlicky Spinach Yogurt

Ingredients:

- 3 cups Plain Yogurt – Not Greek
- ½ pound Baby Spinach
- 4 cloves Garlic – Finely minced
- 1 tsp Turmeric
- Juice of ½ lemon
- Salt and Pepper to taste

Instructions:

1. Heat a medium-sized frying pan to medium heat and add a tablespoon of olive oil. Add the garlic, turmeric, and baby spinach and saute for 3-4 minutes, until the spinach has wilted down completely. Add the lemon juice and season with salt and pepper.
2. Turn off heat and let the mixture cool, then mix into yogurt in a bowl. Add more lemon juice if desired and serve alongside rice, bread or as a dip or side dish.

4. Spring Recipes

- Cooking With Arash

a. Asparagus Mushroom Pea Pasta Toss

Ingredients:

- 12 oz Pasta of your choice – I prefer short pasta like Penne, Rigatoni, Fusili
- ½ bunch Asparagus – Tough lower stems removed, chopped into 1 inch pieces
- 12 oz white button or brown cremini mushrooms – Quartered
- 1 cup Peas – Thawed if using frozen
- 1 cup Pasta Water
- 4 cloves Garlic - Minced
- Zest of 1 lemon
- Chopped Parsley to taste (any fresh herb you like could work here)
- Grated fresh parmesan to taste

Instructions:

1. Cook your pasta according to package directions. Make sure to salt the water. Just before the pasta is finished cooking, remove 1 cup of the pasta water and set aside.
2. Heat 2 tablespoons olive oil in a large frying pan (big enough to fit the pasta and the vegis) on medium heat. Add the asparagus and mushrooms and saute for 3-5 minutes, until they start to soften.
3. Add the peas, garlic and lemon zest and cook for another 2-3 minutes. Turn the heat to low, add the cooked pasta, half of the pasta water, fresh parsley, some parmesan and toss everything together well. If it looks dry, add more pasta water and keep tossing until everything is mixed together. Turn the heat off.
4. Just before serving, add parsley, parmesan and a drizzle of olive oil to taste. Enjoy!

b. Asparagus Shitake Pea Noodle Salad

Ingredients:

- 10 oz Soba, Ramen, Udon or any long noodle of your choice
- ½ bunch Asparagus – Tough lower stems removed, chopped into 1 inch pieces
- 10 dried Shitake Mushrooms – Rehydrated, stems removed and chopped. *See Note below
- 1 ½ cups Sugar Snap Peas or Snow Peas – Ends trimmed
- 3 cloves Garlic – Minced
- 2 Scallions – Chopped

Dressing:

- 3 Tbsp Soy Sauce
- 2 Tbsp Rice Vinegar
- 1½ Tbsp Sesame Oil
- 1 Tbsp Vegetable Oil
- 1 Tsp Gochujang (Korean Chili Paste) – Sub Sriracha or any chili sauce you like
- 1 Tbsp Agave or Honey
- Splash of water

Instructions:

1. Cook noodles to package instructions. Drain and set aside in a large bowl.
2. Heat a frying pan to medium heat and add 1 Tbsp oil vegetable oil, then add the asparagus and shitake mushrooms and sauté for 3 minutes. Add the garlic and sugar snap peas, season with a pinch of salt and pepper and sauté for another 2-3 minutes, until all vegetables are just tender but not overcooked. Let cool.
3. Whisk all the dressing ingredients together. Adjust the seasoning to your taste.
4. Once the vegetables have cooled, add them to the bowl with the noodles, add the dressing, garnish with chopped scallions and serve!

**NOTE: Dried shitakes can be found in Asian Supermarkets and are a wonderful pantry item. I always try to keep some on hand. In order to use, soak them in a bowl in very hot water for at least 30 minutes until they soften. Make sure you cut out the stem as it can be tough. If you want to use fresh shitakes (or any other mushroom), go for it!*

c. Spring Arugula Strawberry Salad with Quick Pickled Onions

Ingredients:

- Quick Pickle Onions:
- 1 Red onion – Very thinly sliced
- 2/3 cup of Apple Cider Vinegar – Sub Red Wine, Rice or White Whine Vinegar if needed
- ½ cup water

Salad:

- 6 cups Wild Arugula – Washed, dried
- 1 cup Strawberries – Thinly sliced
- 3 oz Crumbled feta cheese
- ¼ cup Roasted Pistachios
- ½ cup Quick Pickled Red Onions

Mustard Vinaigrette:

1. 1 Tsp Mustard
2. 2 Tbsp Balsamic Vinegar
3. 4 Tbsp Olive Oil
4. Salt and pepper to taste

Instructions:

1. Slice the onions as thin as you can and add them to a bowl. Add the vinegar, water and a pinch of salt and let sit for at least 30 minutes. (You can store the remainder of this in the fridge for at least a week).
2. Make the dressing. Assemble the salad components, dress, toss and serve!

Thai Cuisine

- Cooking With Arash

a. Pad Kee Mao (Drunken Noodles)

Ingredients: (2 servings)

- 10 oz rice noodles (preferably wide and fresh but dry will work) – See note below
- 8 oz Extra Firm Tofu (or other protein) – Cubed and cooked ahead of time
- ½ Red Bell Pepper– Sliced into 1-inch pieces
- ¾ cup Bean Sprouts – Rinsed
- 1 cup Baby Corn – Cut into bite sized pieces
- 4 cloves Garlic – Minced
- ½ cup Fresh Thai Basil (sub regular basil or cilantro if needed)
- 2 Tbsp Neutral Vegetable Oil (Avocado, peanut, corn, sunflower, or similar)

Sauce:

- 2 Tbsp Oyster Sauce
- 2 Tbsp Dark Soy Sauce (Use Regular Soy Sauce if you don't have it)
- 1 Tsp Fish Sauce
- ½ Tbsp Golden Mountain or Maggi's Sauce (Use Soy Sauce if you don't have it)

Instructions:

1. Mix all sauce ingredients together in a bowl and set aside. Make sure all of your ingredients are prepped and ready before you start cooking. This dish comes together fast, so you don't want to chop while cooking.
2. Heat a wok or large frying pan to medium-high heat and add the oil. Add garlic and stir fry for 10 seconds, then add bell peppers and baby corn and cook for 1-2 minutes. Add tofu, noodles, and almost all of the sauce, and using tongs, mix everything together well and stir fry for 2-3 minutes, mixing regularly to avoid anything sticking or burning.
3. Once everything is almost done, add the bean sprouts and basil, stir fry for 1 more minute, then turn off the heat and serve.

** NOTE: If using fresh rice noodles, simply soak the noodles in warm water for 20-30 minutes or until soft but not mushy. Don't let them get too soft and fall apart! If using dry noodles, follow package instructions to cook. Drain and set aside.*

b. Thai Red Curry

Ingredients:

- 4 oz Red Curry Paste - *See Note Below*
- 1 14 oz can Coconut Milk (preferably full fat)
- 8 oz Extra Firm Tofu – Water pressed out and cubed into 1-inch pieces
- ½ Red Bell Pepper
- 1 cup Baby Corn
- 2 Carrots – Sliced
- 12 oz Mushrooms – Quartered
- Handful of Baby Spinach
- 2 cups Vegetable Stock
- *Optional Garnish - Chopped cilantro and fresh lime*

**NOTE: Most large supermarkets now stock Thai curry paste in a jar, can, or container and red curry is the most common. If you go to an Asian grocery store, look for Mae Ploy brand, which is my favorite. For a milder curry, go with Yellow Curry paste. For a spicier and most flavorful curry, go with Green Curry paste but remember, it's spicy!*

Instructions:

1. Bring a medium-sized pot to medium heat, add the curry paste and heat up for 1 minute. Add the coconut milk and using a spoon, stir the paste into the coconut milk until it's completely dissolved, and the liquid has a yellow/orange color, about 3-4 minutes. Make sure no paste is stuck to your pan and turn the heat to medium/low so it's at a gentle simmer.
2. Add tofu, vegetable stock, and all of your vegetables except the baby spinach to the pot. Stir well and cover. Cook on medium low heat for 20-25 minutes and until everything is cooked.
3. Add the baby spinach, stir, and cook for 2 minutes. Adjust the liquid to your preference and check the seasoning. If too dry, add more stock. If too much liquid, uncover and let it cook for a few more minutes. Once it's right, turn the heat off so the contents don't become soggy.
4. Serve over rice and garnish with cilantro and a squeeze of fresh lime.

c. Isaan-Style Laab (Minced meat and fresh herb salad)

Ingredients:

- 12 oz Plant-based Ground Meat – If you choose regular meat, use ground chicken or pork
- 1 Tbsp Neutral Vegetable Oil
- 1 Shallot – thinly sliced
- ½ cup Fresh Mint Leaves
- ½ cup Fresh Cilantro Leaves
- 1.5 Tbsp Fish Sauce
- 2 Scallions – Thinly sliced
- ½ Tsp Chili powder or flakes – Use less or more based on your spice preference
- 1-2 Tbsp Toasted Rice Powder – *See Note Below*
- 2 Tbsp Lime Juice
- 8-10 Leaves of Red Leaf or Butter Lettuce
- Fresh lime wedges to garnish

**NOTE: You can find this at an Asian grocery store or [make your own](#). It can certainly be omitted if you can't find or make it, but it gives the salad its really unique flavor so do your best to include it!*

Instructions:

1. Heat a medium-sized frying pan to medium heat and add the vegetable oil. Add the ground meat and 1 Tbsp of fish sauce and cook for 5-6 minutes, stirring frequently until the meat is lightly browned and cooked.
2. Add shallots and cook for 1 more minute, then turn off heat and let the mixture cool for a couple of minutes. Add remaining fish sauce, lime juice, chili powder or flakes, toasted rice powder, fresh mint, fresh cilantro and scallions and stir everything together to combine.
3. Serve on a plate alongside the lettuce leaves and with a couple of lime wedges and more fresh herbs if you like. You can eat as lettuce wraps!

If you want to learn more about Thai cooking and look for many more recipes, I recommend the [Hot Thai Kitchen YouTube channel](#) and [website](#). She's a wonderful resource for easy yet informative Thai cooking and I've learned so much from her!