

# SAUTEED KOHLRABI, SHITAKE & SOY

*Kohlrabi is a Brassica (from the cabbage family) and is a crisp vegetable that has a very mild radish flavor and subtle sweetness. It can be eaten raw or cooked and will take on most flavors that you pair with it, but are particularly good in recipes that contain Apples. To prepare Kohlrabi, trim the leaves and discard the tough stems or save to use in a stirfry. Cut off the top and bottom of the bulb with a sturdy knife and remove the outer tough skin with a heavy peeler or a small knife (I prefer to use a knife and use a paring action to discard the skin) The leaves are also edible, but mainly the young tender leaves. Blanch in boiling water or steam larger leaves to wrap sandwiches (ie: burrito) or instead of cabbage leaves for a seasoned rice & meat filled roll (ie: cabbage roll)*

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## Ingredients

2 medium Kohlrabi,  
bulb only, trimmed &  
peeled

4 ounces Shitake  
mushroom, stems  
removed

4 Scallions, white and  
pale green parts only

2 -3 Tablespoons  
Grapeseed Oil

1 Cup Walnut halves

¼ Cup Orange Juice

1-2 teaspoons Soy  
Sauce

## Directions

Slice kohlrabi in half from top to bottom and then slice each hemisphere into ¼ inch sized strips or batons.  
Cut mushroom into ¼ inch slices.

Slice scallion into thin rounds.

Heat oil in a skillet over medium-high heat and when hot add the kohlrabi and mushroom.

Stir to coat with oil and cook for about 4 minutes whilst stirring occasionally.

When mushrooms have browned, and kohlrabi is slightly softened, add scallions & walnuts and toss until fragrant, about a minute.

Pour in juice and soy, stirring vegetables until the sauce has almost gone.

Serve straight away as a side dish- perfect with brown rice or farro & beet greens.