

FROM THE KITCHEN OF JESSE HAAS, CNS, LN

# Kinpira Gobo

## (Spicy Burdock Root Sauté)

### INGREDIENTS

- 2 medium burdock roots
- 2 medium carrots
- 4 scallions
- 1 Tbsp avocado or coconut oil
- 1 tsp rice wine or apple cider vinegar
- 1 Tbsp tamari or soy sauce
- 1/2 tsp honey
- 1/4 tsp hot pepper flakes
- 1 Tbsp toasted sesame oil
- 2 tsp toasted sesame seeds (optional)

### DIRECTIONS

1. Scrub burdock roots. Cut into 2-inch matchsticks; soak in cold water for 1 hour, changing the water once or twice.
2. Scrub and cut carrot into matchsticks.
3. Chop scallions.
4. Mix vinegar, soy sauce, and honey in a small cup.
5. Heat oil in wok or heavy skillet. Stir-fry vegetables 2-3 minutes until al dente.
6. Sprinkle in pepper flakes; stir-fry 30 seconds.
7. Add sauce; stir-fry 1 minute.
8. Remove from heat; drizzle with toasted sesame oil and sprinkle toasted sesame seeds. Enjoy warm or room temperature.



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