

Cozy Winter Dinner

Lili Hanft, FNTTP

Shopping List:

Coconut Curry Fish Soup:

- Coconut oil
- Garlic
- Ginger root
- Thai red curry paste
- Onion
- Carrots
- Assorted vegetables: bell peppers, broccoli, cauliflower
- Kale
- Full fat canned coconut milk
- Wild caught cod or other white fish
- Salt and pepper
- Cilantro, for garnish

Sweet Potato Chocolate Cake:

- Sweet potato
- Egg
- Cocoa powder
- Maple syrup
- Coconut sugar
- Coconut oil
- Coconut flour
- Baking soda
- Baked and mashed sweet potato
- Medjool dates
- Vanilla extract

Coconut Curry Fish Soup



Serves 4

1 tsp coconut oil
4 large cloves garlic, minced
2 inch piece of ginger, peeled and minced
1 Tbsp Thai red curry paste
1 large onion, chopped
2 carrots, sliced
4 leaves kale, chopped

Assorted vegetables, chopped (bell peppers, broccoli, cauliflower, etc.)
 $\frac{3}{4}$ c. full fat canned coconut milk
1 lb. wild caught cod or other white fish, cut into large chunks
Salt and pepper
Cilantro, for garnish

Heat the oil in a large saucepan over medium-low heat. Add the ginger, garlic, and curry paste and saute until fragrant. Add a splash of water and the onion, carrots, and other vegetables and saute for several minutes. Add the coconut milk, 2 cups of water, and salt and pepper, cover, bring to a boil, and reduce to a simmer. After 10 minutes, add the kale. Cook 5 minutes more. Add the fish, cover, and simmer until the fish is cooked through and flakes easily. Season to taste and garnish with cilantro to serve.

Sweet Potato Chocolate Cake



Cake:

1 sweet potato (8 oz peeled)
1 egg
6 Tbsp (1 oz) cocoa powder
1.5 Tbsp (1 oz) maple syrup
3.5 Tbsp (1.5 oz) coconut sugar
2 Tbsp coconut oil
2 Tbsp coconut flour
1 tsp vanilla extract
1 tsp baking soda
1/4 tsp salt

Frosting:

3/4 c. (6 oz) baked and mashed sweet potato
1 Tbsp coconut oil
2 large (1.3 oz) medjool dates, chopped
1/4 c. (.7 oz) cocoa powder
1/2 tsp vanilla extract
Pinch of salt

Peel and chop sweet potato. Add to a food processor and blend until finely minced. Add the remaining cake ingredients and blend until smooth. Pour into a parchment-lined 6-8 inch baking dish and bake at 350 degrees for 25 minutes or until a toothpick comes out clean. In a food processor, blend all of the frosting ingredients together. Once the cake has cooled, spread the frosting over the top and cut into pieces. Makes 8 servings.

Based on [this](#) recipe from PaleoGlutenFree.com.

Lili Hanft

Functional Nutritional Therapy Practitioner

Sign up here for my email newsletter, where I share upcoming cooking classes, events, and recipes:

<http://eepurl.com/gS4W5D>

Learn about virtual Meal Prep Mastery consultations here:

<https://nutrientdenseourishment.wordpress.com/meal-prep-mastery/>



On Instagram [@nutrientdenseourishment](https://www.instagram.com/nutrientdenseourishment)