

# Spring Dinner Cook-Along

Lili Hanft, FNTF

## Shopping List:

### Creamy Beef with Zoodles and Mushrooms:

- Grass-fed ground beef
- Onion
- Garlic
- Mushrooms
- Zucchini
- Full fat canned coconut milk
- Arrowroot powder

### Sweet Potato Coconut Curry:

- Sweet potatoes
- Onion
- Garlic
- Fresh ginger
- Full fat canned coconut milk
- Curry powder
- Coconut oil

### Radish Fennel Salad:

- 1 bulb fennel
- Radishes
- Lemon juice and zest
- Olive oil

# Creamy Beef with Zoodles and Mushrooms



Makes 4 servings

- 1 lb grass-fed ground beef
- 1 onion, diced
- 2 cloves garlic, minced
- 8 oz white button or baby bella mushrooms, sliced
- 1 medium zucchini, spiralized with the widest blade
- 6 oz full fat canned coconut milk
- 1 tsp arrowroot powder

Saute the ground beef in a large skillet until browned. Remove with a slotted spoon. In the same pan, saute the onion, garlic, and mushrooms (cover with a lid). Once softened, add the coconut milk, arrowroot powder, and zucchini noodles, cover, and simmer until the zucchini noodles are just tender. Remove the lid for the last few minutes of cooking to allow some of the liquid to evaporate. Add the ground beef to heat through and season with salt to taste.

# Sweet Potato Coconut Curry



1 lb. peeled and chopped sweet potatoes  
1/2 onion, diced  
3 cloves garlic, minced  
2 tsp grated fresh ginger  
1-2 tsp curry powder  
Salt and pepper  
8 oz full fat canned coconut milk  
1 tsp coconut oil

Heat the coconut oil in a large saucepan. Add the onion, garlic, ginger, and curry powder and saute until softened and fragrant. Add the coconut milk, 1/2 c. water, and the sweet potatoes. Cover, bring to a boil, and reduce to a simmer until potatoes are tender, removing the cover for the last 5-10 mins.

# Radish Fennel Salad



1 bulb fennel  
4 radishes  
1 lemon  
2 Tbsp olive oil  
Salt

Thinly slice the fennel and radishes. Pour over 2 Tbsp lemon juice, lemon zest, the olive oil, and a pinch of salt. Toss to combine.

# Lili Hanft

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