



## RICE WITH MUSHROOMS

Makes 4 servings.

For a no meat meal, I rather like this dish. The mushrooms develop a wonderful meatiness and a lovely sauce to mix with the rice. For extra nourishment, add firm, cubed and sautéed tofu.

### INGREDIENTS

- 1 cup brown rice
- 1¼ cups coconut water
- Kosher salt

### FOR THE MUSHROOMS

- 1 pound cremini mushrooms
- 4 scallions
- 4 garlic cloves
- 2 baby bok choy
- 4 tablespoons extra-virgin olive oil
- 2 teaspoons Madras curry powder
- 1 teaspoon Kosher salt
- 10 dill sprigs, snipped finely with scissors

## PREPARATION

1. Place the rice, coconut water and salt in a heavy saucepan. Bring to a boil, lower the heat and cook covered for about 40 minutes or until the rice is soft. Fluff with a fork.
2. Trim the mushroom stems and discard. Wipe the caps with a damp paper towel. Cut in half.
3. Slice the scallions thinly including most of the green parts.
4. Slice the garlic thinly.
5. Cut the bok choy widthwise, into wide slices, including most of the green leaves and rinse.
6. In a medium saucepan heat the oil. Add the mushrooms, scallions, garlic, bok choy, curry powder and salt.
7. Bring to a boil, over high heat. Lower the heat, cover and cook, stirring occasionally for 15 minutes.
8. Add the rice and dill. Combine and season to taste.