

The

RAW Food

Revolution

*30 Days to a Raw Food Life Style*

Menu Guide

Scott Mathias

[www.scottmathiasraw.com](http://www.scottmathiasraw.com)

## Thai Kelp Noodles with Sweet and Sour Sauce

### Ingredients

A packet of Kelp Noodles – available online and from health food stores made from RAW mineral rich seaweed.

¼ Red Bell Pepper

2 Spring Onions

¼ cup of Marinated mushrooms

S&P



### *For Sweet and Sour Sauce*

3 Tbs Macadamia Oil

1 ½ Tbsp of Agave syrup

Juice of 1 Lime

1 Tsp of coriander -cilantro

1 Tbs of ACV

Clove of garlic - finely chopped

Teaspoon of finely chopped fresh Ginger

¼ Chilli finely chopped

S&P

## Instructions

Rinse the kelp well in fresh clean cold water. Place in a prep bowl with the bell pepper, the chopped spring onions and the chopped marinated mushrooms. Season. Mix through with your fingers and set aside.

For the Sweet and Sour Sauce, In a prep bowl blend all the ingredients above with the exception of the Agave.

Add enough Agave to create a sweetness in harmony with the sour – to taste. Adjusting seasoning.

On a nice plate take your food form (stainless or homemade PVC) and build up a stack of the kelp mixture. Hollow out the inside of a med size tomato and fill with the Sweet and Sour and place to one side of the stack.

I usually serve with a clean green vegetable lightly doused with limejuice and oil as shown in the pic.

Season your beautiful looking plate with cracked pepper

This is a substantial RAW food meal but quite delicious indeed. I know you'll enjoy it very much.