

RECIPE: KALO CRUSTED MONCHONG

BAKING

Unbleached flour, 2.23 oz.

CONDIMENTS & OIL

Canola oil, 2 fl oz.

SPICES & SEASONINGS

Turmeric, 0.24 oz.

Dried herbs, 1 cup

MISCELLANEOUS

Cooked grated Kalo, 2 cup

Pieces of Fresh Monchong (7 oz. each), 4

Rainbow Carrots, 16

Micro greens, 1 oz.

Free range eggs (suggested brand: Idlewilde Farms), 2

Cauliflower Florets, 16