



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Marvellous Mushrooms

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Tofu Bibimbap

4 servings

30 minutes

Ingredients

425 grams Tofu (extra-firm, pressed, and cubed)
2 tbsps Tamari (divided)
2 tbsps Avocado Oil (divided)
1 tbsp Arrowroot Powder
1 cup Jasmine Rice
2 1/2 cups Shiitake Mushrooms (stem removed, torn)
6 cups Baby Spinach
Sea Salt & Black Pepper (to taste)
3 tbsps Gochujang
1 1/2 tbsps Rice Vinegar
2 tsps Coconut Sugar

Nutrition

Amount per serving	
Calories	415
Fat	13g
Carbs	64g
Fiber	6g
Protein	17g
Calcium	379mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with 3/4 of the tamari and half the oil. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 3 Meanwhile, cook the rice according to package directions.
- 4 In a skillet over medium heat, add the remaining oil. Once hot, pour in the mushrooms and cook until softened, about five minutes. Add in the spinach and toss until wilted. Season with salt and pepper and set aside.
- 5 In a small bowl, whisk together the gochujang, remaining tamari, vinegar, and coconut sugar.
- 6 Divide the rice, tofu, and vegetables into a bowl. Drizzle the sauce over everything. Enjoy!

Notes

Leftovers: Store leftovers separately from the sauce and refrigerate for up to three days.

Serving Size: One serving is about 3/4 cup rice and 1 1/4 cup tofu and veggies.

Additional Toppings: Top with a fried egg, sesame seeds, or green onion.



Lentil Stuffed Grilled Peppers

4 servings

30 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 cups Portobello Mushroom (chopped)
- 1 cup Cherry Tomatoes (halved)
- 1 tbsp Tamari
- 2 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 tsp Cayenne Pepper (optional)
- 1/4 cup Basil Leaves (chopped)
- 2 cups Baby Spinach (chopped)
- 4 Red Bell Pepper
- 1/2 cup Feta Cheese (crumbled)
- 2 cups Green Lentils (cooked, drained and rinsed)

Nutrition

Amount per serving	
Calories	256
Fat	7g
Carbs	36g
Fiber	13g
Protein	16g
Calcium	159mg

Directions

- 1 Heat olive oil in a skillet over medium heat. Add onion, mushrooms, cherry tomatoes and tamari. Saute for 5 minutes or until onion is translucent. Add in minced garlic, sea salt, black pepper and cayenne and saute for another minute. Stir in basil and spinach just until wilted and then remove from heat. Set aside to cool while you prep the red peppers.
- 2 Chop the stem and top off of the peppers and carve out the seeds.
- 3 Add the lentils and feta cheese into the skillet with the vegetables and stir well to evenly distribute. Use a spoon to pack this vegetable mix into the red peppers. Place the peppers on a baking sheet.
- 4 Heat the oven to 425°F (218°C). Bake stuffed peppers in the oven for 20 minutes. Remove, drizzle with a bit of olive oil and serve. Enjoy!

Notes

Vegan: Leave out the feta and use chopped cashews instead.

No Feta: Use crumbled goat cheese instead.

No Oven: Make them on the grill instead. Preheat the grill over medium heat. Grill the stuffed peppers for 20 minutes.



Lentil Mushroom Loaf

10 servings

1 hour 5 minutes

Ingredients

- 1 tsp Avocado Oil
- 12 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (chopped)
- 2 Carrot (finely chopped)
- 3 Garlic (cloves, minced)
- 2 tbsps Coconut Aminos
- 3 tbsps Ground Flax Seed (ground)
- 1/3 cup Water
- 1 cup Walnuts (toasted)
- 1/2 cup Sun Dried Tomatoes (chopped)
- 2 tbsps Thyme (fresh, chopped)
- 2 cups Green Lentils (cooked)
- 3/4 cup Oats
- 1/2 cup Oat Flour
- 1 tsp Sea Salt
- 1/3 cup Sugar Free Ketchup
- 2 tbsps Balsamic Vinegar

Nutrition

Amount per serving	
Calories	218
Fat	10g
Carbs	25g
Fiber	7g
Protein	9g
Calcium	43mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a loaf pan with parchment paper.
- 2 In a skillet over medium heat, add the oil. Once hot, add the mushrooms and cook for about 4 minutes, until softened. Stir in the onion and carrots and cook for an additional 3 minutes. Add the garlic cloves and coconut aminos and stir for 1 minute. Remove from heat and set aside.
- 3 Add the flax seeds and water to a small bowl, stir and set aside.
- 4 Add the walnuts to a food processor, pulse to chop and then place in a large bowl. Then add the vegetable mixture, sun dried tomatoes and thyme to the food processor and pulse to a rough consistency, while still leaving some vegetable chunks. Add to the large bowl. Then add about 3/4 of the lentils to the food processor and pulse to incorporate, but not completely smooth. Add this along with the remaining lentils to the large bowl.
- 5 Add the oats, oat flour, flax mixture and salt to the large bowl and mix to combine. Pour into the prepared loaf pan, pressing down to ensure it's smooth.
- 6 Mix the ketchup and balsamic together in a small bowl. Add this glaze on top of the lentil loaf and place in the oven for 45 to 50 minutes, until cooked through. It should be golden brown and the edges dry to the touch. Let it rest for 10 minutes in the pan, then remove and place on a cooling rack. Slice and enjoy!

Notes

Leftovers: Refrigerate an airtight container for up to four days. Freeze leftover slices in an airtight container or in a freezer-safe bag wrapped in parchment paper for up to two months.

Serving Size: One serving size is one slice.

Nut-Free: Use toasted sunflower seeds or omit the walnuts.

More Flavor: Use a mix of mushrooms such as shiitake and cremini.

No Coconut Aminos: Use tamari instead.



Mushroom Garlic Quinoa

4 servings

20 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 3/4 cups Water
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 cups Mushrooms (thinly sliced)
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	184
Fat	4g
Carbs	29g
Fiber	3g
Protein	8g
Calcium	35mg

Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 2 While the quinoa cooks, heat olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Add garlic and saute for another 1 to 2 more minutes.
- 3 In a bowl, combine mushrooms with quinoa and season with salt and pepper. Enjoy!

Notes

Serve it With: Our Balsamic Roast Beef, Honey Garlic Chicken Thighs or any soups.

Leftovers: Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tip: Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.



Mushroom Miso Soup

2 servings

25 minutes

Ingredients

- 3 cups Water
- 1 cup Vegetable Broth
- 1 1/2 cups Shiitake Mushrooms (sliced)
- 170 grams Tofu (drained, rinsed and cut into cubes)
- 1 tsp Ginger
- 1 tbsp Tamari
- 3 tbsps Miso Paste
- 2 cups Kale Leaves (roughly chopped)
- 2 stalks Green Onion (optional, sliced)

Nutrition

Amount per serving	
Calories	199
Fat	7g
Carbs	26g
Fiber	6g
Protein	15g
Calcium	343mg

Directions

- 1 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 2 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 3 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 4 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 cups.

More Flavor: Add sesame oil once finished cooking.

Additional Toppings: Add noodles, or some nori to the soup when finished cooking.

No Vegetable Broth: Use water instead and increase the amount of miso slightly for more flavor.

Miso Paste: This recipe was developed and tested using white miso.