



Big Tree Farms
**BETTER
WEEK
NIGHTS**
#RootedInFlavor





Make your weeknights easier, more flavorful and better-for-you!

Hi there, we're so excited to share some of our favorite go-to weeknight recipes.

From veggie stir fry to spicy tofu lettuce wraps, plus the most delicious chocolate chip cookies, these eats are perfect anytime you need a little inspo for your weeknight meal planning or weekend get-togethers.

Made using our Organic Coco Aminos and Coconut Sugar, these recipes replace highly processed and unsustainable cane and soy condiments with alternatives that are unrefined, gluten and soy free, ethically and sustainably produced! Quick, delicious, and healthy, that's how we like it!

Get excited because we're giving you an exclusive look into our two **BRAND NEW** flavors: zingy Sriracha and citrusy Ponzu!

Try these out, tag us on Insta and let us know how you like them!

@bigtreefarmsbali

Veggie Stir Fry



Active Time:
25 Minutes

Servings:
2

Difficulty Level:
3/5

Ingredients

- 4-6 oz. uncooked ramen noodles
- 1 cup broccoli florets
- 1 cup coined carrots
- 1 tbsp avocado oil
- 3 cloves garlic, sliced
- ½ cup sliced onion
- 1 bunch beech mushrooms
- 1 cup sliced bell peppers (we used red & yellow)
- ¼ cup **Big Tree Farms Organic Original Coco Aminos**
- 1 tsp sesame oil

Directions

- 1** Cook ramen noodles until al dente according to package instructions, drain, and set aside.
- 2** Meanwhile boil broccoli 3-4 minutes until al-dente then scoop out of water using a slotted spoon.
- 3** In the same water, boil carrots 1-2 minutes until tender, then strain and set aside.
- 4** Heat oil in a large pan or wok over medium-high heat. Add garlic, onion, and beech mushrooms and sauté until tender and lightly golden.
- 5** Add bell peppers and sauté another 3-5 minutes until fork tender
- 6** Add cooked broccoli, cooked carrots, cooked noodles, and Big Tree Farms and toss to coat and heat through, about 3 minutes.
- 7** Remove from heat and toss in sesame oil. Serve topped with your favorites, we love bean sprouts, sesame seeds, and green onions!

For Sides

Bean sprouts (the white crunchy ones)
White sesame seeds
Chopped green onion



Vegan Poke Bowl



Active Time:
25 Minutes

Servings:
2

Difficulty Level:
3/5

Ingredients

- 16 oz extra firm tofu
- ½ cup **Big Tree Farms Organic Ponzu Marinade & Sauce**, divided
- 1 tbsp avocado oil
- ¾ cup brown rice, dry
- 1 cup frozen edamame, thawed
- 1 mango, peeled and diced
- 1 medium cucumber, thinly sliced
- 2-4 radishes, sliced
- 1 avocado, sliced
- 1 pack roasted seaweed, cut into strips

Toppings

- 1-2 tsp black and white sesame seeds
- ¼ cup scallions, sliced



Directions

- 1** Press tofu for 30 minutes to drain excess liquid so it can soak up your Ponzu marinade.
- 2** Cut tofu into ½ inch thick cubes and toss in a shallow bowl with ¼ cup Ponzu sauce. Let marinade 15 minutes
- 3** Meanwhile, cook rice according to package and set aside to cool.
- 4** Add avocado oil to a nonstick pan and turn the heat to medium-high. Add marinated tofu cubes and cook until slightly browned on the bottom, about 5-6 minutes.
- 5** Briefly remove the pan from heat to reduce splitting. Flip the tofu with tongs or chopsticks, return to heat and cook for 5-6 minutes until browned.
- 6** Briefly remove from heat again and drizzle with remaining ¼ cup Ponzu sauce. Bring to a boil and then reduce heat to low until sauce just starts to thicken into a glaze. Remove from heat immediately.
- 7** Assemble bowls by dividing all ingredients (rice, edamame, mango, cucumber, radish, avocado, and roasted seaweed) between two bowls. Top each with Ponzu glazed tofu, black & white sesame seeds, and sliced scallion. Enjoy!

Vegan Lettuce Wraps

with Sriracha Tofu and Mushrooms



Active Time:
30 Minutes

Servings:
10+ Lettuce Wraps

Difficulty Level:
3/5

Ingredients

For the Lettuce Cups

- 16 oz extra firm tofu, chopped into small ½ inch cubes
- 10 oz shiitake mushrooms
- 2 tbsp avocado oil, divided
- 2 tsp toasted sesame oil
- 2 tbsp **Big Tree Farms Organic Sriracha Marinade**
- 1 tbsp arrowroot powder (or cornstarch)
- 1 ½ tbsp gluten-free panko breadcrumbs
- ½ tbsp each black and white sesame seeds
- 1 tsp sea salt, divided
- ¼ tsp black pepper
- 1 ½ cups finely shredded purple cabbage
- 1 cup shredded carrots
- 1 large head butter lettuce
- ¼ cup roasted peanuts, for garnish
- ¼ cup sliced scallion, for garnish

Spicy Sriracha Peanut Sauce

- ¼ cup creamy peanut butter
- 1 tbsp **Big Tree Farms Organic Sriracha Marinade**
- 1 tbsp rice vinegar
- 1 tbsp agave nectar
- 1 inch piece fresh ginger, peeled then grated
- 1 garlic clove, crushed
- 1-3 tbsp water, as needed

Directions

- 1** Press tofu for 30 minutes to drain excess liquid.
- 2** Preheat your oven to 400°F and line two baking sheets with parchment paper.
- 3** Chop the pressed tofu into ½ inch cubes and place in a medium bowl. Add 1 tbsp of the avocado oil, sesame oil, Sriracha Marinade, and sea salt. Gently toss to coat the tofu.
- 4** To the same bowl, add arrowroot powder, panko, and sesame seeds. Gently toss to combine. Spread the tofu out in a single layer on one of your lined baking sheets.
- 5** Prepare the mushrooms by slicing into thin pieces. Add the mushrooms to the same bowl used to season the tofu, add the remaining 1 tbsp avocado oil and salt and pepper then toss. Spread the mushrooms in an even layer on the other parchment lined baking tray.
- 6** Bake the tofu and mushrooms until tofu is crispy and mushrooms are golden brown, about 25-30 minutes flipping halfway through.
- 7** Once mushrooms and tofu are cooked, toss together in a large bowl to combine.
- 8** Make the Spicy Sriracha Peanut Sauce by whisking all ingredients except water in a small bowl.
- 9** Separate the lettuce leaves, then assemble each with tofu and mushroom mixture, cabbage, and carrots. Drizzle with sauce and garnish with roasted peanuts and sliced scallion. Enjoy fresh with extra sauce for dipping on the side!

Teriyaki Tofu Cauli Rice Bowl



Active Time:
25 Minutes

Servings:
2

Difficulty Level:
3/5

Ingredients

- 16 oz extra firm tofu
- ¼ cup **Big Tree Farms Organic Teriyaki Marinade & Sauce**
- 2 cups broccoli florets
- 2 tbsp avocado oil
- 4 cups riced cauliflower
- 1 ½ cups finely shredded purple cabbage
- 2 carrots, shredded

Toppings

- **Big Tree Farms Organic Teriyaki Marinade & Sauce**
- 1 tsp white sesame seeds
- ¼ cup chopped green onion

Directions

- 1 Press tofu for 30 minutes to drain excess liquid so it can soak up your marinade.
- 2 Cut into 3/4-inch thick, 3-inch triangles and place in a shallow bowl with Big Tree Farms.
- 3 Let marinade 15 minutes to overnight, flipping as needed to marinade all sides of tofu.
- 4 Preheat oven to 400°F and line a baking sheet with parchment.
- 5 Lay marinated tofu in an even layer on prepared baking sheet, making sure tofu pieces don't touch.
- 6 Bake 20 minutes, flipping halfway through.
- 7 Meanwhile, bring a small pot of water to boil and cook broccoli until tender, about 3-4 minutes.
- 8 Heat up a large pan over high heat then add avocado oil. Once hot, add riced cauliflower and form into an even layer. Let cook about 2-3 minutes then stir and form another even layer. Repeat until tender and lightly golden.
- 9 Assemble your bowl! Divide the following between 2 shallow bowls: riced cauliflower, purple cabbage, carrots, broccoli, and tofu.
- 10 Garnish with more Teriyaki, sesame seeds and green onion, then enjoy!



Molten Chocolate Chip Cookies

with Coconut Sugar



Active Time:
15 Minutes

Servings:
12-14 Cookies

Difficulty Level:
1/5

Ingredients

- ½ cup melted unsalted butter or coconut oil
- 1 ½ cups 1:1 gluten free flour
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp sea salt
- 1 cup packed **Big Tree Farms Organic Brown Coconut Sugar**
- 1 large egg
- 1 tsp vanilla
- 6 ounces bittersweet chocolate, chopped into large chunks
- Flakey sea salt for finishing, optional

Directions

- 1** Preheat oven to 350°F. Line two baking sheets with parchment paper.
- 2** In a large bowl, whisk together flour, baking powder, baking soda, and sea salt.
- 3** Pour the melted butter or coconut oil into a separate large bowl and whisk in coconut sugar until combined.
- 4** Add egg and vanilla then whisk until combined.
- 5** Add flour mixture to melted butter mixture and combine with a spatula.
- 6** Add in 4 oz. of chocolate and mix until just combined. Wrap the dough in plastic wrap and refrigerate for 20 minutes to overnight. Cooler dough will result in thicker cookies! (If you chill overnight, allow the dough to sit at room temperature just long enough so that you can scoop it, and add 2-3 minutes to the total baking time.)
- 7** Scoop the dough into golf-ball sized portions (about 1 heaping tablespoon per cookie), place 3 inches apart on prepared baking sheets, and top with remaining chocolate.
- 8** Bake until puffed and golden on the edges, about to 10-12 minutes, rotating the pan halfway through.
- 9** Transfer to a cooling rack and enjoy immediately or store in an airtight container.



Vanilla Acai Bowl



Active Time:
10 Minutes

Servings:
2

Difficulty Level:
1/5

Ingredients

Bowl

- 2 cups frozen mixed berries
- 1 frozen banana
- 2 packs frozen, unsweetened acai
- ½ cup unsweetened, vanilla dairy-free milk (we used oat)
- 2 tbsp **Big Tree Farms Vanilla Coconut Sugar**

Toppings

- Blueberries
- Strawberries
- Granola
- Coconut Flakes

Directions

- 1 Put 2 serving bowls in the freezer.
- 2 Add all ingredients to a high-speed blender. Blend, starting on low and increasing to high, using the tamper to press the ingredients down into the blades. Begin with ¼ cup dairy-free milk and increase one tablespoon at a time as necessary (be careful not to add too much or you'll end up with a smoothie, not a thick acai bowl!).
- 3 Immediately divide the acai mixture into chilled bowls and garnish with your favorite toppings! We suggest fresh fruit, granola, and coconut flakes!





Ingredients Shopping List

VEGGIES

- ☐ 1 bag broccoli florets
- ☐ 1 bag carrots
- ☐ 1 head of garlic
- ☐ 1 onion
- ☐ 1 bunch beech mushrooms
- ☐ 2 bell peppers (red & yellow)
- ☐ 1 bag frozen edamame
- ☐ 1 medium cucumber
- ☐ 2-4 radishes
- ☐ 1 avocado
- ☐ 1 bunch scallions
- ☐ 1 bunch green onions
- ☐ 10 oz shiitake mushrooms
- ☐ 1 head purple cabbage
- ☐ 1 head butter lettuce
- ☐ 3" piece fresh ginger
- ☐ 1 bag riced cauliflower

FRUITS

- ☐ 1 bag frozen mixed berries
- ☐ 1 frozen banana
- ☐ 1 lb starwberries
- ☐ 1 lb blueberries
- ☐ 1 mango

PANTRY

- ☐ 6 oz ramen noodles
- ☐ Avocado oil
- ☐ Sesame oil
- ☐ 1 bag brown rice
- ☐ 1 pack roasted seaweed
- ☐ Black & white sesame seeds
- ☐ Arrowroot powder/cornstarch
- ☐ Gluten-free Panko breadcrumbs
- ☐ Salt & pepper
- ☐ 1 jar peanut butter
- ☐ Rice vinegar

Notes

PANTRY CONTINUED

- ☐ Agave nectar
- ☐ Granola (for topping)
- ☐ Coconut flakes (for topping)

BAKING

- ☐ 1 ½ cups gluten free flour
- ☐ ½ tsp baking powder
- ☐ ½ tsp baking soda
- ☐ 1 tsp vanilla
- ☐ 6 oz bittersweet chocolate chunks

REFRIGERATED GOODS

- ☐ Melted unsalted butter or coconut oil
- ☐ 1 large egg
- ☐ 2 packs frozen unsweetened acai
- ☐ Oatmilk
- ☐ 3 lbs extra firm tofu

