



# Asian Pork Shoulder, Broccoli, and Kohlrabi Bowl Meal Prep

By Buy Fresh Buy Local Central Illinois



*Serves 1 person for 5 lunches. If you're making this recipe for more than one, simply multiply by the number of folks in your fam.*

## Farmers Market Shopping List

- 4-5lb bone-in pastured pork shoulder (Note, this will make enough for 2 people)
- 1 head broccoli
- 1 kohlrabi
- 1 bunch green onions
- 1 small bunch kale
- 1/2 cup honey
- 2 inch piece of ginger, finely chopped. (Note, ginger CAN be grown in Illinois, but is not very common. If you can't find it at your farmers market, simply check your local grocery store)

## Pantry & Spice List

- 1.5 cup quinoa or brown rice (or 1 head of cauliflower, pulsed in a food processor to create cauliflower rice)
- 3 cups stock
- 1/2 cup soy sauce
- 1/4 cup chili-garlic sauce (such as Sriracha)
- 1 1/2 Tbsp cornstarch.

## Instructions

Place pork shoulder, soy sauce, honey, chili garlic sauce, and ginger in a crock pot and cook on low 7-8 hours or overnight. Remove meat from crock pot, let cool for 10 minutes, and then shred. Set aside.

Remove 1/2 cup sauce from crock pot to a small bowl and whisk in cornstarch. Stir cornstarch mixture back into crock pot and cook sauce, stirring once or twice, until thickened, about 5 minutes. Season with salt and pepper. Set aside.

Bring 3 cups of stock to boil with quinoa or rice. Turn heat to low, cover pot, and continue to cook for 20-25 min or until all water is absorbed. Set aside.

Wash all vegetables. Cut away outer green layer from kohlrabi and slice the inner white bulb thin. Chop broccoli into florets, and thinly slice the stems just like the kohlrabi. Heat a pan with a little oil over medium heat and sauté broccoli and kohlrabi for 8-10 minutes. Do not overcook. Set aside.

Discard kale stems and rough chop leaves. Trim roots from green onion and slice into small pieces. Set aside.

Divide quinoa, broccoli & kohlrabi mixture, and raw kale evenly between 5 containers. Top with meat, sauce, and green onion. Save leftover meat for dinner or freeze. Meal containers can be frozen and reheated, or will stay good in the refrigerator for up to 5 days. To serve, simply heat in the microwave (the kale does not need to be pre-cooked as it will soften and steam when heated in the microwave)/ Enjoy!