

Seafood Medley

By

Mary Ann Hastings

CookingForYourLifestyle.com

Ingredients:

- 1 bag of wild caught langostinos from Trader Joes
- 1/3 can of organic [coconut milk](#)
- ¼ cup of bone broth
- 1 large bunch of broccoli
- ½ a bag of mini carrots
- ½ sweet onion
- 1 thumb-size piece of fresh ginger, peeled and finely chopped

[Sea salt](#)

Procedure:

1. Cook langostinos in water containing about 1 t. of sea salt for about six minutes or until the langostinos begin to curl up.
2. Drain and set aside.
3. Clean broccoli and chop into small florets. Save the broccoli stems to peel and chop into a ferment or other stir fry.
4. Chop carrots into small coin-like pieces.
5. Chop onions to your preference for size and put them into about 1 T olive oil heating in a large skillet.
6. Add broccoli and carrots once onions become translucent and sauté together. Add about ¾ t of salt as you are cooking the veggies. You can also add other vegetables – the mixture is good with yellow squash in it. Just be sure to reduce the amount of coconut milk and bone broth you add to compensate for the added amount of liquid. Taste test veggies to ensure they are seasoned the way you want them.
7. Add finely chopped fresh ginger.
8. Just before veggies reach the degree of doneness you want, stir in the coconut milk and bone broth.
9. If a thicker sauce is desired, add a small amount of arrowroot or thickening agent to the liquid and cook.
10. Serve over cauliflower “rice” or kelp noodles.