

Peanuts

AIP COMPLIANT Omit peanut sauce. Make AIP adaptation of tempura dipping sauce (page 182).

FREZZER-FRIENDLY Peanut sauce

LOW FODMAP Omit garlic from sauce. Omit avocado from wraps. Sub

coconut oil. Use green part of scallions. Use 1 large celery stalk.

COCONUT-FREE Omit coconut aminos and sugar from sauce.



# COLLARD SALAD WRAPS

TO-GO WITH ROASTED PEANUT SAUCE

MAKES 4 FULL WRAPS  
PLUS 1¾ CUPS (435 ML)  
SAUCE

PREP TIME: 60 MINUTES,  
PLUS SOAKING/DRYING

COOK TIME: 30 MINUTES

## PEANUT SAUCE

1¾ cups (253.7 g) peanuts,  
soaked and dehydrated  
2 tablespoons (30 ml) coconut  
aminos  
2 tablespoons (30 ml) sesame oil  
1 clove garlic, minced  
1 teaspoon (5 ml) fish sauce  
3 tablespoons (45 ml) lime juice  
½ teaspoon coconut sugar  
½ cup (125 ml) water

## COLLARD WRAPS

1 tablespoon (15 ml) avocado oil  
¾ lb (340 g) ground beef  
2 tablespoons (30 ml) lime juice  
2 tablespoons (30 ml) fish sauce  
1 medium carrot, grated  
2-inch (5 cm) piece daikon,  
grated  
2 stalks celery, thinly sliced  
3 scallions, thinly sliced  
½ cup (8 g) chopped fresh  
cilantro  
6-8 large collard green leaves

**Soaking, drying, and oven roasting the peanuts may make this sauce seem like a labor of love. However, the recipe makes enough sauce for many wraps, and you could spoon the sauce over spiralized veggies or use it as a salad dressing. You can easily make the sauce with a different nut, such as almonds or cashews. See page 12 for how to soak and dehydrate nuts.**

Preheat the oven to 350°F (175°C, or gas mark 4).

To make the peanut sauce, place the peanuts in the oven and roast for 15 to 20 minutes, shaking the baking sheet once in a while and frequently checking to prevent burning. Remove from the oven and set aside to cool.

Put the peanuts, coconut aminos, oil, garlic, lime juice, fish sauce, and sugar in a food processor. Blend for 4 minutes, or until you have smooth peanut butter. Slowly pour the water into the processor until you have a thick dipping consistency. Spoon into a jar.

Now prepare the collard wraps. Heat the oil over fairly high heat in a large frying pan and tip in the beef. Cook for 8 to 10 minutes until nearly crispy.

Pour in the fish sauce and lime juice, and cook until the liquid has evaporated. Tip into a large bowl to cool. Stir in the carrots, daikon, celery, scallions, and cilantro.

Meanwhile, bring a large pan of water to a boil. Fill a large bowl with ice water. With a sharp knife, shave off the protruding part of the collard stem but keep the whole leaf intact. Drop the collard leaves into the water and immediately turn off the heat. Leave for 30 seconds; then drain and transfer to the icy water to stop cooking further and to preserve the color. Once cooled, remove collards from the water, lay out on a paper towel-lined surface, and pat dry.

Put the beef mixture in the center of the leaves and roll up, burrito-style. Package each wrap with parchment paper and secure with kitchen string. Put the peanut sauce in a container and take with your collard wraps to-go!