

Spicy Nopales & Portobello Power Bowl

Servings: 2

Time: ~30 minutes

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Ingredients

Main Bowl:

- 1 cup fresh **nopales**, cleaned and sliced
- 2 large **portobello mushroom caps**, sliced
- 1 tablespoon **avocado oil** (or coconut oil)
- ½ **red onion**, sliced
- 1 **garlic clove**, minced
- 1 teaspoon **cumin**
- 1 teaspoon **smoked paprika**
- ½ teaspoon **chipotle chili powder** (adjust to heat level)
- 1 tablespoon **coconut aminos** (or tamari)
- Juice of 1 **lime**
- Sea salt to taste
- Fresh cracked pepper
- Optional: A pinch of **oregano** (Mexican if available)

Gut-Friendly Grain Base:

- 1 cup cooked **quinoa** or **brown rice** (your preference)

Toppings:

- ½ avocado, sliced
- Fresh **cilantro**, chopped
- Pickled red onions or sliced green onions
- Optional: Pepitas (pumpkin seeds) or toasted sunflower seeds
- Optional: Salsa or hot sauce (try one with fermented chili for gut health)

Instructions

1. Prepare Nopales:

If using fresh nopales, boil in water with a pinch of salt and a little baking soda for about 10 minutes to remove the slime. Rinse, drain, and set aside.

2. Sauté Veggies:

Heat avocado oil in a large skillet over medium heat. Add onion and sauté until translucent. Add garlic, mushrooms, and nopales. Cook for 5–7 minutes until mushrooms are tender and nopales begin to crisp slightly.

3. Season:

Add cumin, smoked paprika, chipotle, and salt. Stir well to coat everything. Drizzle with coconut aminos, squeeze in lime juice, and stir again. Let everything lightly caramelize for another 2–3 minutes.

4. Assemble:

Scoop quinoa or brown rice into bowls. Top with the nopales-mushroom mix. Add avocado slices, cilantro, pickled onions, seeds, and a drizzle of salsa or hot sauce.

Optional Tea Pairing

Enjoy with a cup of **peppermint** + **chamomile tea** to soothe digestion after the spice and balance the meal.