

**Seamore's
Seared Fish Tacos**

SERVES 2

Nina Agdal is a regular at this NYC seafood eatery. (seamores.com)



PICO DE GALLO

- 1 beefsteak tomato, diced
- ½ large red onion, diced
- 2 cloves garlic, finely diced
- 1 jalapeño, seeds removed, finely diced
- ½ bunch cilantro, washed and chopped
- 1 tsp cumin
- 3 tsp fresh lime juice
- 1 tbsp kosher salt

BLACK BEAN PUREE

- 1 15-oz can black beans, drained
- ½ cup lemon juice
- ½ cup olive oil
- 1 tsp black pepper

TACOS

- 2 tbsp canola oil
- 4 2-oz striped bass fillets
- 1 tbsp kosher salt
- 4 corn tortillas
- 1 head Little Gem lettuce, shredded
- 4 avocado slices
- ½ cup crème fraîche
- 2 breakfast radishes, shaved

- 1 In a small bowl, combine the diced tomatoes, onion, garlic, jalapeño and cilantro. Add the cumin, lime juice and salt; stir to combine. Set aside.
- 2 In small pot, warm the black beans over a low flame until heated through. Place the beans in a blender with the lemon juice, olive oil and black pepper and blend until smooth. Set aside.
- 3 In a skillet, heat the canola oil on medium-high. Season the fillets with the salt, and sear until golden brown, about 3 to 5 minutes per side. Remove from heat.
- 4 In a clean skillet, warm the corn tortillas over low heat until soft; transfer to a plate. To assemble tacos, layer each tortilla with a smear of black bean puree, followed by shredded lettuce, two avocado slices and two pieces of fish. Top with the pico de gallo, crème fraîche and radish. Serve with lime wedges, if desired.

PONZU-LIME SAUCE

- ⅓ cup ponzu
- ¼ cup soy sauce
- 2 tbsp lime juice
- ¼ cup mirin
- 2 tbsp rice vinegar
- 1½ tsp sugar

BOWL

- ½ cup steamed sweet potato
- ½ cup avocado
- ½ cup raw cucumber, sliced
- ½ cup raw carrot, shredded
- ½ cup steamed shelled edamame
- ½ serrano pepper, minced
- Rice, kale or kelp noodles, for serving
- 1 tbsp mixed toasted sesame seeds
- 1 tbsp chopped scallions
- Pickled ginger, togarashi spice (optional)

- 1 In a small bowl, whisk the ponzu, soy sauce, lime juice, mirin, rice vinegar and sugar.
- 2 Dice the sweet potato and avocado. In a bowl, toss them with the cucumber, carrot, edamame and serrano pepper. Add the sauce and toss.
- 3 Spoon the vegetable mixture over steamed rice or chopped kale. Sprinkle on sesame seeds and scallions; add toppings as desired.

**Sweetfin Poké
Vegetable Poké
Signature Bowl**

SERVES 2

The L.A.-based chain has delivered its Hawaii-inspired salads to Kate Hudson. (sweetfinpoke.com)



LEAN LUNCHES

Stars' favorite healthy hangouts prepare their specialties for *Us*



Lemonade Moroccan Couscous With Pistachio Vinaigrette

SERVES 2 TO 4

A rotating seasonal menu draws Sarah Michelle Gellar and Brittany Snow to this fast-casual spot. (lemonadela.com)

PISTACHIO OIL

- 1/4 cup raw, shelled pistachios
- 3/4 cup expeller-pressed canola oil

COUSCOUS

- 1 cup dry couscous
- 4 carrots, stems trimmed
- 1 tbsp extra-virgin olive oil
- Kosher salt and black pepper
- 1 Bosc pear, diced
- 1/2 cup finely chopped fresh flat-leaf parsley
- 1/4 cup finely chopped fresh basil
- 1/4 cup finely chopped fresh mint
- 2 oz blue cheese, diced
- 1/2 cup pomegranate seeds
- 1/2 cup roasted pistachios, crushed

PISTACHIO VINAIGRETTE

- 2 tbsp sherry vinegar
- 1 tsp lemon juice
- 1 tsp orange juice
- 1 tbsp honey
- 1/2 small shallot, minced
- Kosher salt and black pepper

- 1 Preheat the oven to 325 degrees. Toast the raw pistachios on a baking sheet, 8 to 12 minutes. Combine the toasted nuts and the oil in a blender; blend on high until the nuts are fully incorporated, about 30 seconds. Set aside.
- 2 Prepare the couscous according to package directions. Transfer it to a mixing bowl and set aside.

- 3 Preheat the oven to 375 degrees. Put the carrots on a baking pan, drizzle with the olive oil, toss to coat and season with salt and pepper. Roast until tender, 10 to 15 minutes. Allow the carrots to cool to room temperature, then cut into small pieces.
- 4 Combine the first five vinaigrette ingredients in a lidded container; season with salt and pepper. Pour in the pistachio oil; shake to combine.
- 5 To the couscous, add the carrots, pear, herbs, blue cheese, pomegranate seeds and pistachios. Drizzle with the vinaigrette, season with salt and pepper and toss to combine.

By Chloe Sweet Potato-Kale Soup

SERVES 2

Even omnivores like Anna Kendrick flock to this New York City joint for vegan comfort food. (eatbychloe.com)

- 1 tbsp olive oil
- 1/2 onion, roughly chopped
- 1/2 apple, peeled and sliced
- 1 clove garlic, minced
- 1 tsp sea salt
- 1/2 tsp curry powder
- 1 pinch cayenne pepper
- 1 1/4 cups vegetable broth, plus more as needed to thin
- 1/2 cup baked, chopped sweet potato
- 1 cup chopped green kale
- 1/2 cup canned coconut milk, mixed well before measuring
- 3/4 tbsp brown sugar
- Croutons (optional)

- 1 In a large pot, heat the olive oil on medium-high and sauté the onion and apples until soft, about 10 to 15 minutes.
- 2 Add the garlic, salt, curry powder and cayenne. Cook 1 minute more until fragrant.
- 3 Add the vegetable broth and sweet potato and bring to a boil. Remove from heat and, working in batches, transfer the soup to a blender and puree until smooth.
- 4 Return the pureed soup to the pot. Add the kale and cook until wilted, about 3 minutes.
- 5 Stir in the coconut milk and brown sugar; adjust seasoning to taste before serving. If it thickens as it sits, reconstitute by gradually adding more vegetable broth. Top with croutons, if desired.



Gracias Madre Uno Bowl

SERVES 2

Jenna Dewan Tatum and Mila Kunis fuel up on this West Hollywood cafe's meat-free Mexican dishes. (graciasmadreweho.com)



- 3/4 cup uncooked brown rice
- 1 15-oz can black beans
- 1 tbsp hot sauce
- 1/2 cup cherry tomatoes, quartered
- 1/2 tbsp chopped onion
- 1 clove garlic, minced
- 1 tbsp cilantro, chopped
- Juice from 1 lime (about 2 tbsp)
- Salt and pepper to taste
- Toasted pumpkin seeds, sliced jalapeños, extra hot sauce, vegan plain yogurt, any leftover vegetables, tortilla chips (optional)

- 1 Cook the rice in a rice cooker or on the stove top according to package directions.
- 2 Meanwhile, drain the beans, reserving a little of the juice from the can. Add the beans and reserved juice to a medium saucepan and warm over medium heat. Mix in hot sauce.
- 3 In a small bowl, mix together the tomatoes, onion, garlic, cilantro and lime juice; season with salt and pepper.
- 4 Divide the rice, salsa and optional toppings evenly between two bowls.