



Product Spotlight: Orange

Oranges are one of the largest citrus crops in the world. Loaded with vitamin C and high in fibre, they are a great addition to any diet.



Tofu Poké Bowl

with Orange Dressing

Sticky sushi rice topped with Teriyaki glazed firm tofu, fresh avocado, radishes and julienned carrot, finished with an orange dressing and a sprinkle of Togarashi seasoning.



25 minutes



2 servings



Plant-Based

Spice it up!

You can add some freshly grated ginger or crushed garlic to the dressing if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	26g	86g

FROM YOUR BOX

SUSHI RICE	150g
RADISHES	1 bunch
AVOCADO	1
CARROT	1
ORANGE	1
FIRM TOFU	1 packet
TERIYAKI MARINADE	1 sachet
TOGARASHI SPICE	1 packet

FROM YOUR PANTRY

sesame oil, apple cider vinegar

KEY UTENSILS

large frypan, saucepan with lid

NOTES

Use the radishes to taste. You can soak the sliced radishes in cold water to reduce any strong pepper flavour and to keep them crisp!

Togarashi spice mix: mixed sesame seeds, lemon pepper, dried chilli flakes.



1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with 1.5 x water. Cover and bring to a boil. Reduce heat immediately to low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



2. PREPARE THE TOPPINGS

Trim and slice radishes (see notes). Dice avocado. Ribbon or julienne carrot using a vegetable peeler. Set aside.



3. PREPARE THE DRESSING

Whisk together orange zest and juice with **1 tbsp sesame oil** and **1 tbsp vinegar**. Set aside.



4. COOK THE TOFU

Dice tofu and toss with teriyaki marinade. Heat a frypan over medium-high heat with **1/2 tbsp sesame oil**. Add tofu and marinade to pan and cook for 5 minutes, tossing until browned and warmed through.



5. FINISH AND SERVE

Divide rice, toppings and tofu among bowls. Spoon over dressing to taste and sprinkle with togarashi spice.



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