

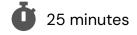




# **Tofu Poké Bowl**

# 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.





2 servings



# Spice it up!

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

TOTAL FAT CARBOHYDRATES

25g

64g

# 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 **325ml water**. Cover and bring to a boil. Reduce heat immediately to medium-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 mediumhigh 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**.

