



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



4/6 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
4/6 Person:	27g	18g	97g

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
RADISHES	1 bunch	1 bunch
AVOCADOS	2	3
CARROTS	2	3
ORANGE	1	2
FIRM TOFU	2 packets	3 packets
TERIYAKI MARINADE	2 sachets	3 sachets
TOGARASHI SPICE	1 packet	2 packets

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



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1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **650ml 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.

6P – cover rice with 975ml water.



2. PREPARE THE TOPPINGS

Trim and slice **radishes** (see notes). Dice **avocados**. Ribbon or julienne **carrots** 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.

6P – whisk together orange zest and juice with 2 tbsp sesame oil and 2 tbsp vinegar.



4. COOK THE TOFU

Dice **tofu** and toss with **teriyaki marinade**. Heat a frypan over medium-high heat with **1 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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