



# UCCOOK

## Vegan Tofu Poke Bowl

with pickled ginger, sesame seeds & nori strips

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Veggie:** Serves 3 & 4

**Chef:** Lauren Nel

**Wine Pairing:** Delheim Wines | Delheim Gewürztraminer

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 683kJ    | 3964kJ      |
| Energy             | 163kcal  | 948kcal     |
| Protein            | 3.9g     | 22.7g       |
| Carbs              | 18g      | 106g        |
| of which sugars    | 2.8g     | 16.4g       |
| Fibre              | 1.8g     | 10.4g       |
| Fat                | 8.7g     | 50.2g       |
| of which saturated | 0.7g     | 4g          |
| Sodium             | 327mg    | 1900mg      |

**Allergens:** Sulphites, Gluten, Sesame, Wheat, Soya

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                               |
|----------|------------|---------------------------------------------------------------|
| 300ml    | 400ml      | Jasmine Rice<br><i>rinse</i>                                  |
| 45ml     | 60ml       | Rice Wine Vinegar                                             |
| 15ml     | 20ml       | White Sesame Seeds                                            |
| 240ml    | 320ml      | Vegan Mayo                                                    |
| 15ml     | 20ml       | Wasabi Powder                                                 |
| 2        | 2          | Nori Sheets<br><i>cut 1½ [2] into strips</i>                  |
| 330g     | 440g       | Non-GMO Tofu<br><i>drain &amp; cut into 1cm cubes</i>         |
| 360g     | 480g       | Carrot<br><i>rinse, trim, peel &amp; cut into matchsticks</i> |
| 300g     | 400g       | Cucumber<br><i>rinse &amp; cut into matchsticks</i>           |
| 90ml     | 125ml      | Low Sodium Soy Sauce                                          |
| 90g      | 120g       | Pickled Ginger<br><i>drain &amp; roughly chop</i>             |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water  
Paper Towel

**1. RICE** Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Pour in the rice wine vinegar, fluff with a fork, and cover.

**2. SESAME SEEDS** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. WASABI MAYO** In a small bowl, combine the mayo with the wasabi powder (to taste). Add water in 5ml increments until a drizzling consistency.

**4. NORI** Return the pan to medium heat. When hot, toast the nori strips until crispy, 2-3 minutes. Remove from the pan.

**5. TOFU** Pat the tofu cubes dry with paper towel. Return the pan to medium-high heat with a drizzle of oil. Fry the tofu until golden, 3-4 minutes (turning as they colour).

**6. BOWL 'EM OVER** Bowl up the fluffy rice alongside the crispy tofu and the carrot and cucumber. Drizzle over the soy sauce (to taste) and the wasabi mayo. Side with the nori strips. Garnish with the sesame seeds and the pickled ginger. Enjoy, Chef!