



UCCOOK

Vegetarian Tofu Poke Bowl

with pickled ginger, sesame seeds & nori strips

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Lauren Nel

Nutritional Info

	Per 100g	Per Portion
Energy	390kj	2033kj
Energy	93kcal	486kcal
Protein	4.8g	25.2g
Carbs	15g	78g
of which sugars	1g	8g
Fibre	2g	9g
Fat	1.8g	9.2g
of which saturated	0.4g	2.2g
Sodium	280.6mg	1462.1mg

Allergens: Cow's Milk, Gluten, Sesame, Wheat, Sulphites, Soy

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice <i>rinse</i>
45ml	60ml	Rice Wine Vinegar
15ml	20ml	White Sesame Seeds
150ml	200ml	Greek Yoghurt
15ml	20ml	Wasabi Powder
2	2	Nori Sheets <i>cut 1½ [2] into thin strips</i>
330g	440g	Non-GMO Tofu <i>drain & cut into 1cm cubes</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into matchsticks</i>
300g	400g	Cucumber <i>rinse & cut into matchsticks</i>
90ml	125ml	Low Sodium Soy Sauce
60g	80g	Pickled Ginger <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. RICE Place the rice in a pot with 450ml [600ml] 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 YOGHURT In a small bowl, combine the yoghurt with the wasabi powder (to taste). Add water in 5ml increments until 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, 4-5 minutes (turning as they colour).

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