

U COOK



Vegan Tofu Poke Bowl

with pickled ginger, sesame seeds & nori strips

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Lauren Nel

Wine Pairing: Delheim Wines | Delheim Gewürztraminer

Nutritional Info	Per 100g	Per Portion
Energy	683.1kJ	3964.3kJ
Energy	163.4kcal	948kcal
Protein	3.9g	22.7g
Carbs	18.2g	105.5g
of which sugars	2.8g	16.4g
Fibre	1.8g	10.4g
Fat	8.7g	50.2g
of which saturated	0.7g	4g
Sodium	327.5mg	1900.4mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Soya

Eat Within 4 Days

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3 [Serves 4]

300ml	400ml	Jasmine Rice <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 <i>cut 1½ [2] into 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
90g	120g	Pickled Ginger <i>drain & roughly chop</i>

- 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!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel