



# UCCOOK

## Vegan Tofu Poke Bowl

with pickled ginger, sesame seeds & nori strips

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 1 & 2

**Chef:** Lauren Nel

**Wine Pairing:** Waterkloof | False Bay Chardonnay

### 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:** Gluten, Sesame, Wheat, Sulphites, Soy

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1		[Serves 2]
100ml	200ml	Jasmine Rice <i>rinse</i>
15ml	30ml	Rice Wine Vinegar
5ml	10ml	White Sesame Seeds
80ml	160ml	Mayo
5ml	10ml	Wasabi Powder
1	1	Nori Sheet <i>cut ½ [1] into strips</i>
110g	220g	Non-GMO Tofu <i>drain &amp; cut into 1cm cubes</i>
120g	240g	Carrot <i>rinse, trim, peel &amp; cut into matchsticks</i>
100g	200g	Cucumber <i>rinse &amp; cut into matchsticks</i>
30ml	60ml	Low Sodium Soy Sauce
30g	60g	Pickled Ginger <i>drain &amp; 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 200ml [400ml] 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!