



# UCOOK

## Vegan Tofu Poke Bowl

with pickled ginger, sesame seeds & nori strips

Packed full of umami, this poke bowl makes a visual impact with its colourful combination of healthy ingredients. Nestled next to one another: fluffy rice, crispy tofu, carrot & cucumber matchsticks, nori strips, and pickled ginger. Drizzled with a kick of wasabi mayo and soy sauce.

---

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Lauren Nel

---

Veggie

---

Strandveld | Adamastor White Blend

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

75ml	Jasmine Rice <i>rinse</i>
15ml	Rice Wine Vinegar
5ml	White Sesame Seeds
50ml	Mayo
5ml	Wasabi Powder
1	Nori Sheet <i>cut ½ into thin strips</i>
110g	Non-GMO Tofu <i>drain &amp; cut into 1cm cubes</i>
120g	Carrot <i>rinse, trim, peel &amp; cut into matchsticks</i>
100g	Cucumber <i>rinse &amp; cut into matchsticks</i>
30ml	Low Sodium Soy Sauce
20g	Pickled Ginger <i>drain &amp; roughly chop</i>

## From Your Kitchen

---

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

**1. RICE** Place the rinsed rice in a pot with 150ml 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 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. When hot, 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 & cucumber. Drizzle over the soy sauce (to taste) and the wasabi mayo. Side with the nori strips. Garnish with the toasted sesame seeds and the chopped pickled ginger. Enjoy, Chef!

## Nutritional Information

---

Per 100g

Energy	566kJ
Energy	135kcal
Protein	4.1g
Carbs	16g
of which sugars	2.5g
Fibre	1.8g
Fat	6.6g
of which saturated	0.5g
Sodium	316mg

---

## Allergens

Gluten, Sesame, Wheat, Sulphites, Soy

Eat  
Within  
4 Days