



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: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

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

150ml	Jasmine Rice <i>rinse</i>
30ml	Rice Wine Vinegar
10ml	White Sesame Seeds
100ml	Mayo
10ml	Wasabi Powder
1	Nori Sheet <i>cut into strips</i>
220g	Non-GMO Tofu <i>drain & cut into 1cm cubes</i>
240g	Carrot <i>rinse, trim, peel & cut into matchsticks</i>
200g	Cucumber <i>rinse & cut into matchsticks</i>
60ml	Low Sodium Soy Sauce
40g	Pickled Ginger <i>drain & 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 300ml 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