



# U C O O K

— COOKING MADE EASY

## Vegan Poke Bowl

with **crispy tofu cubes**, **vegan That Mayo** & **tamari**

We all love a poke bowl, and this one's perfectly light for a summer evening! All the nutrients from brown basmati rice, red cabbage, and carrot; all the crispiness from pan-fried tofu; all the flavour from wasabi, tamari, and pickled ginger.

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**Hands-On Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Lauren Todd

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 **Vegetarian**

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## Ingredients & Prep

75ml	Brown Basmati Rice
15ml	Rice Wine Vinegar
25ml	Tamari
30ml	That Mayo Vegan Mayo
5ml	Wasabi Powder
10ml	White Sesame Seeds
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
100g	Red Cabbage & Julienne Carrot
110g	Tofu <i>drained &amp; cut into 2cm cubes</i>
20g	Pickled Ginger <i>drained &amp; roughly chopped</i>
1	Nori Sheet <i>one half cut into thin strips</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. RICE IS NICE!** Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 20-25 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary. Pour in the rice wine vinegar and fluff with a fork. Replace the lid and set aside to keep warm

**2. SAUCES & SEEDS** Combine the tamari with 1 tsp of a sweetener of choice and set aside. In a small bowl, combine the mayo with the wasabi powder to taste. Add water in 5ml increments until drizzling consistency and set aside for serving. Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting regularly. Remove from the pan on completion and set aside to cool.

**3. CHAR THE VEG** When the rice reaches the halfway mark, return the pan to a medium-high heat with a drizzle of oil. When hot, char the white spring onion slices with a pinch of salt for 1-2 minutes, shifting occasionally. Remove from the pan on completion and set aside. Return the pan to a high heat with another drizzle of oil if necessary. When very hot, sauté the cabbage and carrot for about a minute until slightly wilted but still crunchy. Toss through a quarter of the tamari, remove from the pan, and set aside.

**4. GOLDEN TOFU** Pat the tofu cubes with some paper towel until dry all over. Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the tofu for 4-5 minutes until crispy on all sides, shifting as it colours. Remove from the pan on completion, allow to drain on some paper towel, and season well.

**5. THE VEGAN POKE BOWL** Dish up some basmati rice, stir-fried cabbage and carrot, and charred spring onion. Place the crispy tofu alongside, drizzle over the wasabi mayo to taste, and pour over the remaining tamari. Garnish with the green spring onion slices, the chopped pickled ginger, and the nori strips (to taste). Finish with a sprinkling of toasted sesame seeds. Yes please!



## Chef's Tip

Fry the tofu in batches if necessary to avoid overcrowding the pan, or you could end up with mushy tofu instead of crispy tofu! For the tastiest results, make sure to fry all sides of the tofu cubes.

## Nutritional Information

Per 100g

Energy	654kJ
Energy	156Kcal
Protein	6.3g
Carbs	22g
of which sugars	1.7g
Fibre	3.3g
Fat	5.5g
of which saturated	1.1g
Sodium	456mg

## Allergens

Sesame, Sulphites, Soy

Cook  
within  
4 Days