



# UCCOOK

## Vegetarian Tofu Poke Bowl

with pickled ginger, sesame seeds & nori strips

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Lauren Nel

Nutritional Info	Per 100g	Per Portion
Energy	390kj	2033kj
Energy	93kcal	486kcal
Protein	4.8g	25.2g
Carbs	15g	78g
of which sugars	1g	8g
Fibre	2g	9g
Fat	1.8g	9.2g
of which saturated	0.4g	2.2g
Sodium	280.6mg	1462.1mg

**Allergens:** Cow's Milk, Gluten, Sesame, Wheat, Sulphites, Soy

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
15ml	30ml	Rice Wine Vinegar
5ml	10ml	White Sesame Seeds
50ml	100ml	Greek Yoghurt
5ml	10ml	Wasabi Powder
1	1	Nori Sheet <i>cut ½ [1] into thin 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
20g	40g	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 150ml [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 YOGHURT** In a small bowl, combine the yoghurt 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. 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 yoghurt. Side with the nori strips. Garnish with the toasted sesame seeds and the pickled ginger. Enjoy, Chef!