



# UCCOOK

## Vegetarian Tofu Poke Bowl

with pickled ginger, sesame seeds & nori strips

**Hands-on Time:** 30 minutes

**Overall Time:** 45 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<br><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<br><i>cut ½ [1] into thin strips</i>               |
| 110g     | 220g       | Non-GMO Tofu<br><i>drain &amp; cut into 1cm cubes</i>         |
| 120g     | 240g       | Carrot<br><i>rinse, trim, peel &amp; cut into matchsticks</i> |
| 100g     | 200g       | Cucumber<br><i>rinse &amp; cut into matchsticks</i>           |
| 30ml     | 60ml       | Low Sodium Soy Sauce                                          |
| 20g      | 40g        | Pickled Ginger<br><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!