



# Japanese poke bowl

with Soyco Japanese tofu



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot



Pantry items needed: none



Hands-on: 10-15 minutes  
Ready in: 35 minutes



Serves: 2 or 4

'Poke' is Hawaiian for 'to slice' and is traditionally a dish consisting of diced raw fish. In this version, we use deliciously subtle marinated Japanese tofu, tinned edamame beans, fresh carrot, cucumber and radish with nutritious brown rice, seasoned with our highly addictive miso and roasted sesame dressing.

*HIGH PROTEIN | Garlic-and-onion-free*

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
Brown rice	165g	330g
Water for rice*	1½ cup	3 cups
Japanese tofu	1 packet	2 packets
Edamame beans	1 can	2 cans
Red cabbage	120g	240g
Cucumber	150g	300g
Radish	50g	100g
Carrot	120g (half)	120g
Avocado	300g	600g
Tamari almonds	30g	60g
Pickled ginger	40g	80g
Miso and roasted sesame dressing	80g	160g

\*Pantry items

### Allergens and ingredients

Allergens: gluten, wheat, soy, sesame, almond.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

## 1. Cook rice

Rinse **brown rice** through a sieve until the water runs clear. In a small pot, add **brown rice** and **water for rice\*** and bring to a boil. Reduce to a simmer and cook, covered, until the water has absorbed and **rice** is tender, about **30 minutes**.

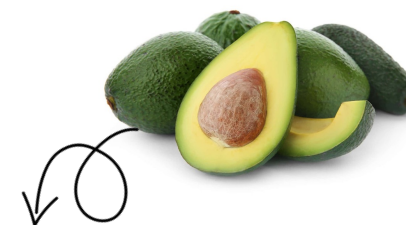
## 2. Prepare ingredients

Slice **Japanese tofu** into cubes. Drain and rinse **edamame beans**. Thinly slice **cabbage**. Slice **cucumber** and **radish** into rounds. Grate or finely julienne **carrot** (**½ for 2 serves** and **1 for 4 serves**). Slice **avocado**. Roughly chop **tamari almonds**.

## 3. Serve

In serving bowls, add **brown rice, tofu, edamame beans, cabbage, cucumber, radish, carrot, avocado** and **pickled ginger**. Drizzle **miso and roasted sesame dressing** over the top and sprinkle with chopped **tamari almonds**.

Eat your way to healthy!



**Avocados** are rich in fibre, relatively high in good, mono-unsaturated fat and they contain an impressive amount of vitamins and minerals. They are especially rich in B6, B9 (folate), C and E, as well potassium and copper.

Avocados can benefit health in several ways, including protecting against heart disease and promoting gut health and good mood.

## Nutritional information\*

	Per 565g serve	Per 100g
Energy	3197kJ (765Cal)	566kJ (135Cal)
Protein	32.5g	5.8g
Fat, total	40.3g	7.1g
- Saturated	4.9g	0.9g
Carbohydrate	113.0g	20.0g
- Sugars	19.0g	3.0g
Sodium	962mg	170mg

\* Nutritional information is based on averages