

Vege Poke Bowl



Elevate your plant-based game with our signature Veggie Poke Bowl. Experience a taste of paradise with our colorful and flavorful bowl!

Preparation 30 min

Cooking 15 min

Servings 2

Nutrition Facts (per serving)

Calories 485

Fat 28

Carbohydrates 28

Fibre 6

Protein 26

Sodium 450

Ingredients

- 125 ml (½ cup) Basmati rice
- 250 ml (1 cup) water

Marinade and vinaigrette

- 5 ml (1 tsp) chopped garlic

- 15 ml (1 tbsp) chopped fresh ginger
- 15 ml (1 tbsp) tamari or sodium-reduced soy sauce
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) maple syrup or honey
- 5 ml (1 tsp) sambal oelek or sriracha
- 15 ml (1 tbsp) sesame oil
- 50 ml (1 tbsp) sesame butter Garnish
- 227g (1/2 block) firm tofu, sliced
- 1 avocado, sliced
- 1 small Lebanese cucumber, sliced
- 65 ml (¼ cup) feta cheese, diced
- 30 ml (2 tbsp) sliced almonds
- 125 ml (1/2 cup) watermelon, diced
- Fresh mint leaves, chopped (optional)

Preparation

1. In a large bowl, combine garlic, rice vinegar, fresh ginger, tamari or soy sauce, lemon juice, maple syrup or honey, sambal oelek and sesame oil. Place the tofu in it and leave to marinate for at least 1 hour.
2. Cook the rice according to the instructions on the package.
3. In a skillet, grill the marinated tofu over medium-high heat for about 2 minutes on each side. Keep the marinade to one side.
4. Place the rice in a bowl and place all the ingredients of the filling.
5. Add the sesame butter to the marinade and mix.
6. Add about 1 tbsp. of vinaigrette before serving.

Notes



Gabrielle Simard – Créatrice culinaire
Culinary Creator