

Spicy tofu poke bowl

Love your gut with this easy to make & fibre-rich meal.



Ingredients

- 200g firm tofu, cut into 2cm cubes
- 2 tbsp kecap manis or tamari or soy sauce
- 1 tbsp olive oil
- 2/3-1 cup brown rice, uncooked
- 1 cup frozen edamame, cooked and shelled
- 1 small Lebanese cucumber, cut into small bite size pieces
- 1 bunch of asparagus, trimmed and each stalk into half
- 1/2 avocado, cut into small cubes
- 1 tbsp black sesame seeds
- Pickled ginger, optional

Dressing

- 1/4 cup soy sauce or tamari
- 1 tbsp Sriracha
- 2 tbsp maple syrup or honey
- 1 lime, juiced
- 2 tsp sesame oil



How to make

1

Put your brown rice on to cook according to the directions on the packet. This should take around 25 minutes.

2

While your rice is cooking, heat a frypan or griddle over high heat on the stove, brush your cubes of tofu with the kecap manis or alternative and once the pan is hot, add the olive oil and then the tofu to it.

Turn the pan down to a medium-low heat and cook the tofu until it is golden and crispy, around 4 minutes on each side. Remove the tofu from the pan, add the asparagus and toss the stalks around for another 5 minutes or so until the asparagus is starting to soften. Remove the asparagus and set aside with the tofu.

Vegetarian, dairy free, vegan option, gluten free option
Serves 2



How to make

3

Cook the frozen edamame by adding them to a saucepan of boiling water on the stove and letting them boil for 5 minutes. Strain them and allow them to cool before peeling and setting the shelled peas aside. Dice your cucumber into long thin strands and set aside. Dice your avocado into cubes and set aside.

4

Quickly mix up your dressing ingredients by combining the soy sauce or tamari, Sriracha, maple syrup or honey, lime juice and sesame oil in a small bowl or jar. Set aside.

Once your rice is cooked, assemble by dividing the brown rice between two bowls.

5

Drizzle some of the dressing over the rice and then top with tofu, asparagus, edamame, avocado and cucumber.

Sprinkle the black sesame seeds on top and add the pickled ginger (if using) before adding the remaining drizzle of dressing and enjoying.

Store any leftovers in an airtight container in the fridge for up to 3 days. Ensure you reheat the rice well before eating it again.

Only dress the bowls when you are eating them. The mixed dressing can be stored in an airtight jar in the fridge for up to 3 days.