



READY TO COOK
BY HARRIS FARM

PLANT BASED POKE BOWL



PREP
20 min



COOK
35 min



SERVES
4

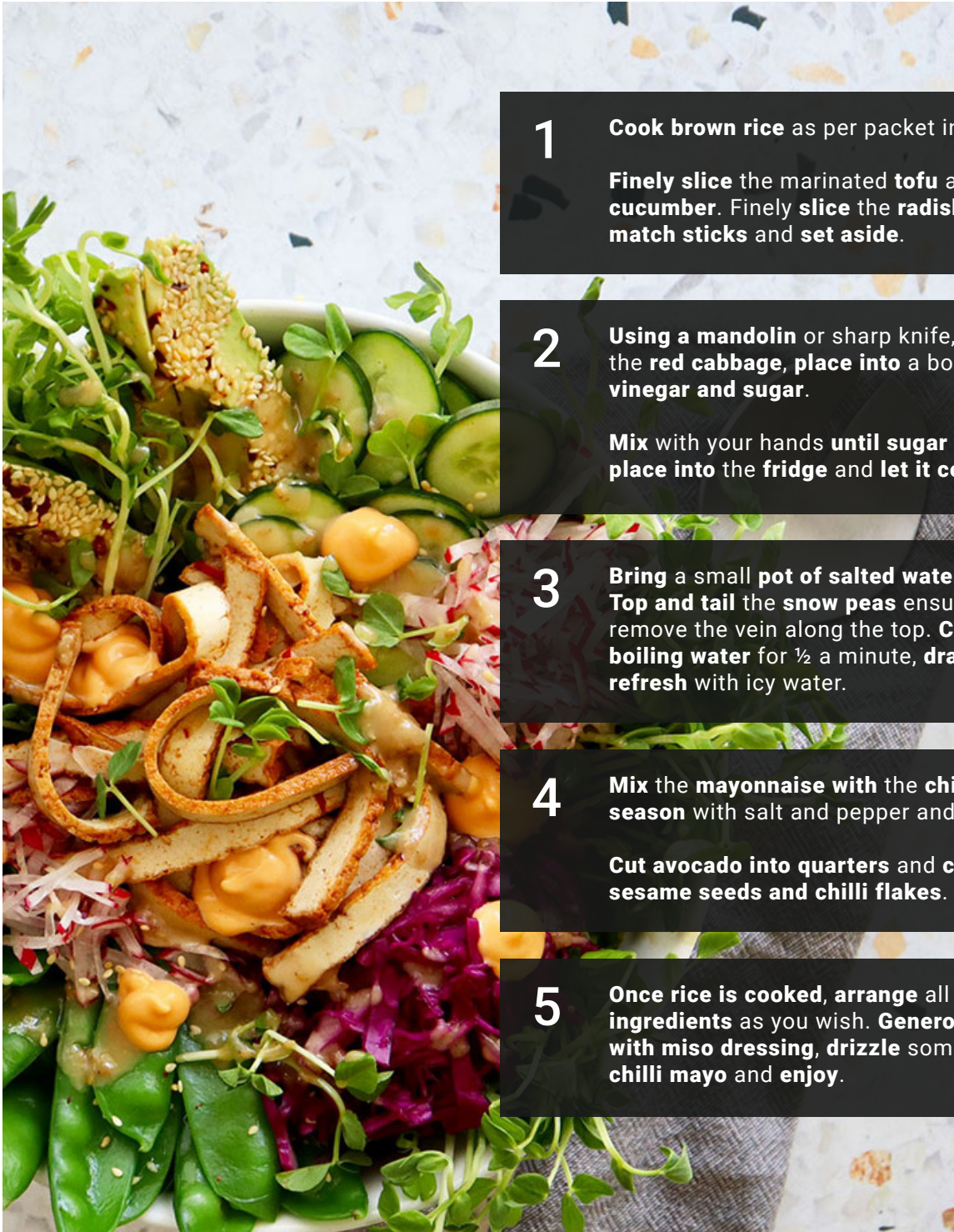
INGREDIENTS:

- > 2 Cups Brown Rice
- > ¼ Red Cabbage
- > 200g Spicy Tofu
- > 1 Lebanese Cucumber
- > 150g Snow Peas
- > 3 Radishes
- > 1 Avocado
- > 125ml Miso Dressing
- > 3 Tbsp Vegan Mayonnaise
- > ½ Punnet Snow Pea Sprouts

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 2 Tbsp Roasted Sesame Seeds
- > 1 Tbsp Chilli Sauce
- > 1 Tsp Chilli Flakes

METHOD – GET COOKING!



1 Cook brown rice as per packet instructions.
Finely slice the marinated **tofu** and the **cucumber**. Finely slice the **radishes into match sticks** and **set aside**.

2 Using a mandolin or sharp knife, finely slice the **red cabbage**, place into a bowl and add the **vinegar and sugar**.
Mix with your hands **until sugar dissolves**, place into the **fridge** and let it **cool**.

3 Bring a small pot of salted water to the boil. **Top and tail** the **snow peas** ensuring you remove the vein along the top. **Cook in the boiling water** for ½ a minute, **drain well** and **refresh** with icy water.

4 Mix the **mayonnaise** with the **chilli sauce**, **season** with salt and pepper and **set aside**.
Cut **avocado into quarters** and coat with **sesame seeds and chilli flakes**.

5 Once rice is cooked, **arrange** all the **ingredients** as you wish. **Generously dress** with **miso dressing**, **drizzle** some of the **spicy chilli mayo** and **enjoy**.

ABOUT YOUR LEFTOVER INGREDIENTS...

- Use leftover radish finely sliced on a salad.
- Use left over sow pea sprouts on a wrap or a salad.
- Make more delicious poke bowls with remaining rice, dressing and mayonnaise.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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