

Organic Tofu Poke Bowl

Poke bowl au tofu bio

20 min

Easy

410 kcal per serving

Lunch

Dinner

Vegan



Ingredients

FOR ONE SERVING

Sushi rice (<i>Riz à sushi</i>)	100 g
Firm tofu (<i>Tofu ferme</i>)	150 g
Edamame (<i>Edamame</i>)	50 g
Cucumber (<i>Concombre</i>)	0.5
Avocado (<i>Avocat</i>)	0.5
Soy sauce (<i>Sauce soja</i>)	2 tbsp
Sesame seeds (<i>Graines de sésame</i>)	1 tbsp

Nutrition facts

PER SERVING

Calories	410
Protein	16 g
Carbohydrates	50 g
Fat	16 g
Fiber	6 g

Preparation

- 1 Rinse the sushi rice under cold water until the water runs mostly clear, then cook it according to the package directions with water and a pinch of salt.
- 2 While the rice cooks, cut the firm tofu into bite size cubes and pat them dry with paper towel.
- 3 Heat a nonstick skillet over medium heat and cook the tofu until lightly golden on all sides, about 6 to 8 minutes, turning gently.
- 4 Warm the edamame in a small pan or in boiling water for a few minutes, then drain well.
- 5 Slice the cucumber and avocado into thin pieces.
- 6 Divide the cooked rice between two bowls, then top with tofu, edamame, cucumber, and avocado.

- 7 Drizzle the soy sauce over the bowls and finish with sesame seeds and a little black pepper if you like.

GOOD TO KNOW

Let the rice cool for a few minutes before assembling so the avocado stays fresher.