



**VEGETARIAN
EXPRESS**

Miso ginger tofu & black quinoa poke bowl



Ingredients

- 300g firm tofu, well drained
- 50ml white miso paste
- 1tsp finely grated ginger
- 30ml mirin
- 1tbsp sugar
- 400g freshly cooked jasmine rice, kept hot
- 75g cooked black quinoa, kept hot
- 50g beansprouts, trimmed
- 2 sheets nori seaweed, cut into thin strips
- 50g thinly sliced white mouli radish
- 75g thinly sliced watermelon radish
- 1 avocado, stone removed, cut into 1/2cm cubes
- 4 spring onions, finely shredded
- 1tsp black sesame seeds
- Shiso leaves to garnish

Dressing:

- 3tbsp sweet chilli sauce
- 1tbsp soy sauce
- 1tsp sesame oil

Method | SERVES 4

- Place the tofu in the freezer overnight. This allows water crystals to form inside the tofu to break it down, allowing the miso marinade to penetrate it.
- Remove the tofu from the freezer and squeeze gently in a clean cloth to remove all excess water.
- Mix the white miso paste, mirin and sugar to make a marinade and gently heat to dissolve the sugar.
- Dice the tofu into 2cm cubes and place in a bowl with the marinade. Leave to marinate for 4 hours.
- Grill the tofu on hot grill pan until golden and lightly charred all over.
- To serve, place the hot rice mixed with the quinoa in a serving bowl and arrange the vegetables and seaweed attractively around.
- Place the grilled tofu in the centre, sprinkle over the black sesame seeds, drizzle over the dressing and serve scattered with the shiso leaves.

Typical Nutritional Values

| | per 100g | serving 326g |
|---------------------|------------------|-------------------|
| Energy | 434kJ 104Kcal | 1416kJ 338kcal |
| Fat | 5.4g | 17.6g |
| of which Saturated | 1g | 3.3g |
| Carbohydrate | 10g | 32.6g |
| of which Sugars | 5g | 16.3g |
| Fibre | 1.3g | 4.2g |
| Protein | 3.8g | 12.4g |
| Salt | 0.78g | 2.5g |

Suitable for: Vegan, Nut free,
Dairy free

Allergens: Sesame seeds, Cereal
gluten, Soya

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using Beef.

| | | |
|--------------------------------------|--|---------------------------------|
| CO₂ saving (g) | Land use saving (m²) | Water use saving (L) |
| 1800 | 9 | 885 |

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.