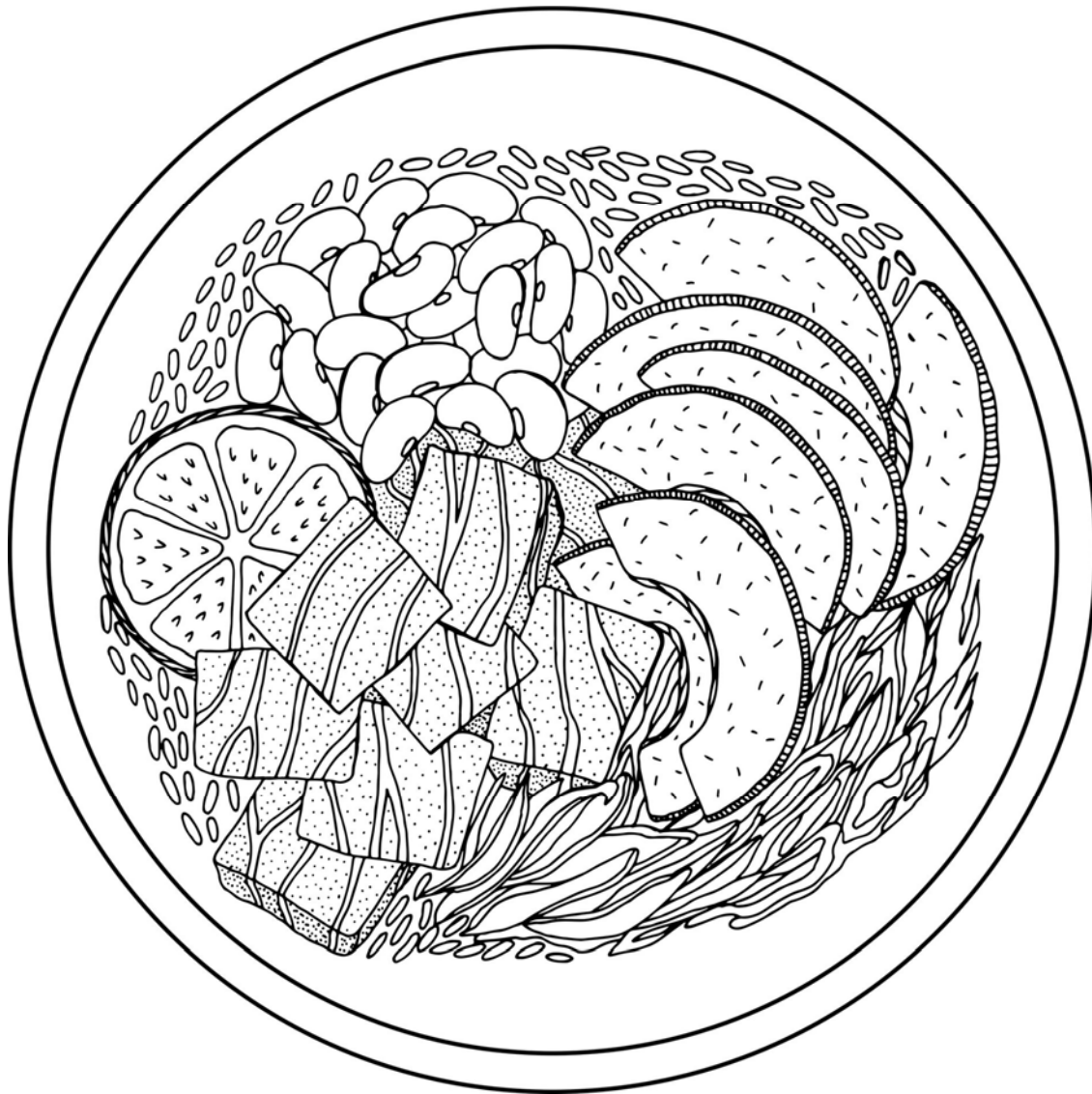


poke bowl



CREATE YOUR OWN POKE BOWL

Ingredients (serves 2):

6 Pieces of protein (tofu, fish, chicken)
1 Brown rice microwave pouch
1 Avocado sliced
1 Carrot grated
1 Cup edamame beans steamed
½ Cucumber, cubed
1/2 Broccoli, trimmed, steamed
1/4 Cup mayonnaise
1/4 Cup teriyaki sauce
Tb/ Spoon sesame seeds, lighted toasted

Method:

1. Bake protein in the oven with a drizzle of oil and salt and pepper
2. Heat the microwave rice as per packet instructions
3. To serve, arrange protein and vegetables on a bed of rice the way you want! **Colour in the above picture to see how good it will look!**
4. Add drops of mayonnaise and drizzle teriyaki sauce, sprinkle with sesame seeds
5. Enjoy!