



VEGAN POKE BOWL WITH VUNA

INGREDIENTS

1 jar Garden Gourmet VUNA

200 g of sushi rice

100 g soy beans

2 tbsp sushi vinegar

1 avocado

½ mango

4 radishes

¼ cucumber

1 hand (25 g) baby spinach

50 g red cabbage (piece)

black and white mixed sesame seeds

4 tbsp Japanese soy sauce

lime juice

3 tbsp mirin: sweet Japanese rice wine

½ fresh red chili pepper to taste (or dried ground red pepper)

2 tbsp sesame oil

2 tbsp agave syrup (if you don't have sweet Japanese rice)

3 tbsp white wine (if you don't have sweet Japanese rice wine)



Create your own delicious Poke Bowl with our fully vegan recipe with the Garden Gourmet Vuna. Yummy, refreshing, and full of flavors!

PREPARATION

1. Cook the rice then sprinkle vinegar on it

Cook the rice according to the instructions on the package. Sprinkle the rice with sushi vinegar during the (15 min.) cooking process.

2. Make the sweet and spicy dressing

Meanwhile, make the dressing: mix all ingredients. Instead of the sweet Japanese rice wine you can use white wine with 2 tsp agave syrup. Remove the seeds from the red pepper and cut the flesh into thin strips.

3. Cut the veggie toppings

Cut the mango and radishes, cucumber and avocado into cubes, drizzled with lime juice. Shave the red cabbage very thin and put the spinach in cold water.

4. Build your own Poke bowl!

Divide the cooled rice into two bowls and arrange the vegetables and mango all around. Divide the spinach leaves in the middle with the Garden Gourmet Sensational Vuna on top.

5. Drizzle dressing, sprinkle sesame, and enjoy!

Serve the bowls with the soy dressing and sprinkle with mixed sesame seeds.

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