

# Poké Bowl



## Ingredients for 4 servings:

100g edamame  
2 large sweet potatoes  
6 tablespoons agave syrup  
2 tablespoons pumpkin seeds  
2 tablespoons sunflower seeds  
2 tablespoons sesame seeds  
200g tofu, cut into thicker slices  
1 cucumber  
4 tablespoons rice vinegar  
2 spring onions  
4 tablespoons seaweed flakes



### **fried rice:**

300g Thai Jasmine Rice  
2 spring onions  
1 garlic clove  
1/2 chili pepper  
3 tablespoons soy sauce  
1 tablespoon sesame oil  
1 tablespoon mirin

### **tofu marinade:**

3 tablespoons Suriny ricebran oil  
3 tablespoons soy sauce  
2 tablespoons rice vinegar  
2 tablespoons agave syrup  
2 cm ginger  
1 tablespoon sesame seeds

### Preparation:

1. Heat a non-stick frying pan without oil to roast the pumpkin, sesame and sunflower seeds, stirring frequently, until golden brown. Set them aside.
2. Make the marinade by mixing all the liquid ingredients in a bowl. Grate the ginger and squeeze out the juice. Add this to the mix. Cover the tofu with the marinade and leave for 15 minutes.
3. Cook the rice according to the instructions on the package.
4. Thinly slice the spring onions, the garlic clove and the chili pepper. Heat 3 tbsp Suriny ricebran oil in a pan and fry for a couple of minutes. Add the rice, soy sauce, sesame oil and mirin. Stirfry the rice and set aside.
5. Chop the cucumber into julienne and season with mirin and pepper.
6. Dice the sweet potatoes, heat Suriny ricebran oil into a frying pan and bake them shortly. Add the agave syrup and let the dice fry until caramelized.
7. Serve the rice into a large bowl and on top of it, arrange the cucumber, the sweet potato, the edamame and the tofu.
8. Finish off with the roasted seeds and the seaweed flakes.

Tip: for a non-vegetarian version of this recipe you can add some scampi or marinated sliced salmon. Meatlovers can use beef that was marinated like the tofu. Bake shortly and cut thin slices.