



TERIYAKI TOFU POKE BOWL

SERVINGS: 2

TOTAL TIME: 40 MIN

INGREDIENTS

- 1 packet medium firm tofu
 - 1/2 cup corn flour
 - 1 cup uncooked brown rice
 - 1 cup chopped cabbage red or white
 - 1/2 red onion
 - 1 carrot
 - 1 capsicum
 - 1 avocado
 - fresh coriander and toasted sesame seeds to garnish
- Coleslaw dressing**
- 3 tablespoons rice wine vinegar
 - 1 teaspoon sesame oil
 - 1 tablespoon maple syrup
 - 1 tablespoon mirin
 - Salt and pepper to taste
- Teriyaki sauce**
(or store bought if your out of time)
- 3 tablespoons soy sauce
 - 2 tablespoons maple syrup or brown sugar
 - 1/2 cup water
 - 1 tablespoon sesame oil
 - 2 teaspoons rice wine vinegar
 - 1 teaspoon finely grated ginger
 - 1 teaspoon cornflour + 1 tablespoon water

DIRECTIONS

1. First get your rice cooking in the microwave or on a stove - I like to use a short grain brown rice.
2. While rice is cooking, heat a small amount of oil in a pan. Add cornflour to a bowl with some salt and pepper. Pat tofu dry with a paper towel and slice into approximately 3cm x 3cm x 1cm squares. Roll tofu in cornflour so each piece is well coated. Shake off excess then shallow fry in your pan until golden on each side. Remove and place on a paper towel.
3. To create coleslaw, finely chop cabbage and red onion into slices, add grated carrot. Combine all coleslaw dressing ingredients and pour over slaw, tossing to combine.
4. For teriyaki sauce: Add the soy sauce, brown sugar, 1/2 cup water, sesame oil, rice wine vinegar and ginger to a pot. Bring to the boil. Mix cornflour with 1 tablespoon water to make a paste then add to pot stirring well. Let sauce simmer on medium heat for around 5 minutes until thickened.
5. To serve add some rice to two bowls, top with tofu, slaw, avocado and red pepper, drizzle with teriyaki sauce and sprinkle with coriander and toasted sesame seeds.