

# Design a poke bowl



Creating your own poke bowl, as shown in the video is a fun and easy way to Add One More Vegetable to your day!

A poke bowl can be adapted depending on the season, your preferences, budget and availability of ingredients. The key is to mix and match a wide array of ingredients and fresh vegetables for vibrant colour, diverse textures, and delicious flavours - this will result in a nourishing and satisfying meal.

The poke bowl you will prepare today, will incorporate the elements listed below:

- Cooked rice
- Selection of raw vegetables
- Selection of cooked vegetables
- Protein based food
- Pickled / fermented vegetables
- Dressing
- Garnish

## Design a poke bowl

Based on all your learnings and discussions so far, along with the ingredients you have available, follow the steps below to design your individual poke bowl.

**Step one:** Select **two - three** different raw vegetables to incorporate into your dish. For example:



Grated carrot



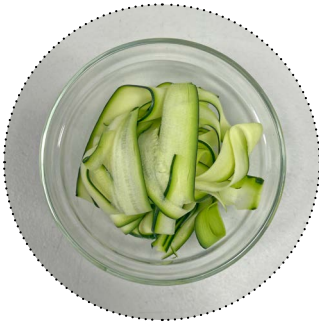
Sliced capsicum



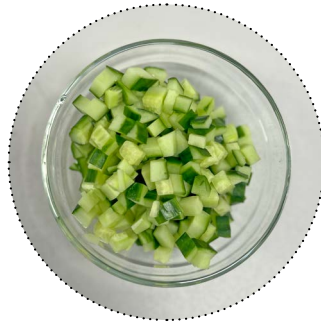
Finely sliced cabbage



Finely shredded Asian greens



Courgette ribbons



Diced cucumber



Diced tomato



Finely sliced radish

**Step two:** Select **two - three** different cooked vegetables to include in your dish. For example:



Blanched broccoli



Roast pumpkin



Sauté  
courgettes



Sauté  
mushrooms



Blanched  
frozen peas



Sauté  
sweetcorn



Blanched frozen  
edamame beans



Sauté Brussels  
sprouts



**Step three:** Select a **protein** to include in your dish. For example:



100g canned tuna or salmon, drained



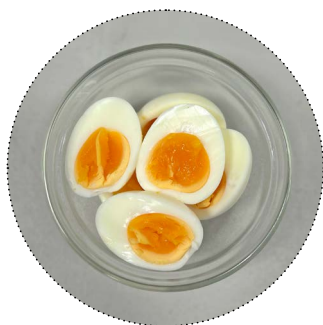
100g cooked shredded chicken



100g cooked beef / pork



100g stir-fried tofu



1-2 boiled eggs



Drained and rinsed canned beans or lentils

**Step four:** Select a **pickled or fermented vegetable** to include in your dish. For example:



Quick pickled red onion



Quick pickled cucumber



Pickled ginger



Sauerkraut / Kimchi

**Step five:** Select **a dressing** to include in your dish. For example:



Lemon and ginger dressing



Sweet chilli dressing



Miso-mayonnaise

**Step six:** Select **two garnishes** to include in your dish. For example:



Sesame seeds



Nori strips



Crispy shallots



Mung beans



Finely sliced soft herbs



Finely sliced chilli pepper



Finely sliced spring onion



Microgreens

**Step seven:** With your selections above and the poke bowl recipe card, you're now ready to prepare your own poke bowl.