

# Poke bowl



## Serves 1







### Ingredients

- ¾ cup cooked rice*
- ¾ cup selection of 2-3 raw vegetables*
- ¾ cup selection of 2-3 cooked vegetables*
- ½ cup protein based food*
- 1-2 tbsp pickled / fermented vegetable*
- 2-3 tbsp dressing*
- 2 tbsp garnish*

### Method

1. Place the cooked rice in your bowl.
2. Top the rice with your selection of raw and cooked vegetables – taking care with presentation.
3. Next, add your choice of protein to the bowl.
4. Add your chosen pickled or fermented vegetable.
5. Drizzle with your chosen dressing.
6. Finally, top with both fresh and crunchy garnishes before serving.

### Equipment

-  Cutting board and knife
-  Measuring cups
-  Measuring spoons
-  Spoon
-  Tongs
-  Bowl

### Nutrition

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.

# Rice



**Serves 2**

## Ingredients

*½ cup brown rice*






*¾ cup water*

*½ cup vegetables (optional)*

## Method

1. Rinse the rice under cold running water.
2. Combine the rice and water in a saucepan with lid.
3. Bring water to the boil then turn down to low.
4. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes.
5. Stir through vegetables such as blanched peas or spinach.

## Equipment

-  Measuring cups
-  Spoon
-  Large saucepan
-  Cutting board and knife
-  Grater

## Nutrition

- Add vegetables where you can, to get the benefits of extra vitamins, minerals and fibre.

# Dressings

## Lemon and ginger dressing serves 2

### Ingredients

- 2 tbsp vegetable oil
- 2 tbsp vinegar
- 1 tbsp lemon juice
- 1 tsp grated ginger
- pinch salt (or 1 tsp soy sauce)

### Method

1. Measure all ingredients into a bowl or jar with a tight-fitting lid.
2. Mix in bowl or shake jar with lid on until emulsified.
3. Check and adjust seasoning if required.
4. Drizzle dressing over poke bowl.

## Sweet chilli dressing serves 2

### Ingredients

- 2 tbsp sweet chilli sauce
- 2 tbsp lemon or lime juice
- 1 tsp fish sauce
- 1 tsp sesame oil

### Method

1. Measure all ingredients into a bowl or jar with a tight-fitting lid.
2. Mix in bowl or shake jar with lid on until emulsified.
3. Check and adjust seasoning if required.
4. Drizzle dressing over poke bowl.

## Miso-mayonnaise serves 2

### Ingredients






- 2 tbsp mayonnaise
- 2 tbsp plain unsweetened natural yogurt
- 1 tbsp white miso
- 1 tbsp lemon juice or vinegar

### Method

1. Measure all ingredients into a bowl.
2. Mix until smooth.
3. Check and adjust seasoning if required.
4. Drizzle dressing over poke bowl.



### Equipment

-  Bowl
-  Measuring spoons
-  Grater
-  Cutting board and knife
-  Jar

# Pickled vegetables

This simple quick pickle recipe can be made with whichever seasonal vegetables you have available. Red onion, carrot, cucumber, courgette, capsicum, radish and fennel all work well.

**Serves 4-6**

## Ingredients

*1 cup - vegetable of choice, finely sliced or diced*

*1 cup vinegar*

*1 cup water*






*2 tbsp sugar*

## Method

1. Prepare your chosen vegetable by finely slicing or cutting into small, even, bite-sized pieces.
2. Place prepared vegetable in a glass bowl or jar.
3. Mix together the vinegar, water and sugar.
4. Pour the pickling liquor over the prepared vegetable, ensuring all pieces are completely immersed.
5. Set aside to marinate until you are ready to use in your dish.



## Equipment

-  Cutting board and knife
-  Measuring cups
-  Measuring spoons
-  Spoon
-  Bowl

## Nutrition

- Adding plenty of different coloured vegetables to your favourite meals will help you to eat a wide range of nutrients and stay healthy.