

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.