

Poke bowl



Serves 1







Ingredients

- ¾ cup cooked rice*
- ¾ cup 2-3 raw vegetables*
- ¾ cup 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.

Equipment

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

Miso-mayonnaise serves 2

Ingredients

- 2 tbsp mayonnaise
- 2 tbsp plain unsweetened natural yoghurt
- 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.

Pickled vegetables

This simple quick pickle recipe can be made with any 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 liquid 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.