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Japanese Tofu Sushi Bowl with Wasabi Mayonnaise

A healthy bowl of abundance that is full of your favourite sushi elements – with none of the fuss. Every element is perfectly balanced: from freshly pickled carrots to brown rice and Japanese tofu, from cucumber to spicy wasabi infused mayonnaise and black sesame seeds, every bite is a delight!



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



nut free

Pantry Items



Water



White Sugar



Rice Wine Vinegar



Mayonnaise



Vegetable Oil



Brown Rice



Carrot



Cucumber



Wasabi



Japanese Tofu



Spring Onions



Black Sesame Seeds






Lime

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2P	4P	Ingredients
¾ cup	1 ½ cups	brown rice
3 cups	6 cups	water *
1 tsp	2 tsp	white sugar *
2 tsp	1 tbs	rice wine vinegar (or white wine vinegar) *
1	2	carrot, peeled into ribbons 
1 tbs	2 tbs	warm water *
2 tbs	4 tbs	mayonnaise *
¼ sachet	½ sachet	wasabi
1 tsp	2 tsp	vegetable oil *
1 packet	2 packets	Japanese tofu
1	2	cucumber, cut on the diagonal
1 bunch	2 bunches	spring onions, cut into matchsticks
2 tsp	1 tbs	black sesame seeds
½	1	lime, cut into wedges 

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2270	Kj
Protein	25.6	g
Fat, total	16.7	g
-saturated	2.3	g
Carbohydrate	68.7	g
-sugars	11.5	g
Sodium	562	mg



You will need: *chef's knife, chopping board, vegetable peeler, sieve, large shallow bowl, small bowl, medium saucepan, and a small frying pan.*

1 Place the **brown rice** into a sieve and rinse it with cold tap water until it runs clear. Place the rice and **water** into a medium saucepan over high heat and bring to the boil. Reduce the heat to medium and simmer for **10-12 minutes** or until rice is soft. Drain well.



2 Meanwhile, combine the **white sugar**, **rice wine vinegar** and half of **warm water** into a large shallow bowl. Stir to combine, then add in the **carrot** and stir again to ensure the carrot is coated in the pickling liquid. Set aside.



3 In a small bowl, combine the **mayonnaise**, **wasabi** and the remaining **warm water** until smooth. Set aside.



4 Heat the **vegetable oil** in a small frying pan over a medium heat. Add the **Japanese tofu** and cook for **2-3 minutes** on each side, or until warmed and golden brown. Remove from the pan and cut each square diagonally into triangles.

5 Spoon the brown rice into the two bowls, top with the tofu, **cucumber**, pickled carrot and **spring onions**. Drizzle with the wasabi mayonnaise dressing. Sprinkle with the **black sesame seeds** and serve with the **lime wedges**.

Did you know? The phrase “cool as a cucumber” is derived from the cucumber’s ability to cool blood temperature.