

Avocado Sushi Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24 Estimated Plate Cost: \$2.21

Rice Ingredients	Quantity	Measure
Brown Rice	6	Cups
Water	6	Cups
Lemongrass Tofu Ingredients		
Tofu, firm, drained, pressed	28	Oz.
Lemongrass, fresh	6	Each
Garlic, cloves, minced	2	Cloves
Water	4	Tbsp.
Tamari paste	4	Tbsp.
Lemon juice	2	Tbsp.
Maple syrup	2	Tsp
Sriracha	2	Tsp.
Vegetable oil	2	Tbsp.
Miso Ginger Dressing Ingredients		
Rice vinegar	1	Cup
Sesame Oil	4	Tbsp.
Maple Syrup	4	Tbsp.
Miso paste	2	Tbsp.
Ginger, fresh, grated	1 ½	Tbsp.
Topping Ingredients		
Carrots, matchstick	12	Oz.
Cucumbers, diced	12	Oz.
Avocado, cubed, tossed in lemon juice	12	Oz.
Cabbage, purple, shredded	12	Oz.



Avocado Sushi Bowl Continued

Preparation

1. In a large pot, bring water to a boil. Add brown rice, cover and reduce to a simmer.
2. Simmer for 25-30 minutes. Turn off heat, fluff rice. Let sit for 10 minutes. Set aside.
3. For Lemongrass Tofu, cut tofu into cubes.
4. Take the lemongrass and trim the ends and outer leaves and discard. Roughly chop the lemongrass and place in a bowl. Add garlic, water, tamari, lemon juice, maple syrup and sriracha. Blend all ingredients until smooth with a food processor, or immersion blender. Add more water if needed.
5. Pour into a hotel pan. Place tofu into pan and make sure marinade is completely covering tofu. Let marinate for about 20 minutes, making sure to flip tofu halfway through.
6. Heat vegetable oil in a sauté pan over medium heat. Add tofu and cook for 2 – 3 minutes per side, until each side has a crispy golden exterior. Drizzle leftover marinade into pan and cook tofu for an additional minute.
7. For Miso Ginger Dressing, combine all ingredients into a bowl and stir together until all ingredients are incorporated.
8. Transfer dressing into a squeeze bottle and refrigerate until ready to use.

Assemble

1. Place $\frac{1}{2}$ cup of brown rice into an individual serving bowl.
2. Place $\frac{3}{4}$ oz. of lemongrass tofu on top of brown rice.
3. Place $\frac{1}{2}$ oz. scoop of matchstick carrots, $\frac{1}{2}$ oz. scoop of diced cucumbers, $\frac{1}{2}$ oz. scoop of cubed avocado and $\frac{1}{2}$ oz. of shredded purple cabbage around tofu.
4. Drizzle bowl with 1 oz. of miso ginger dressing.
5. Garnish with fresh chopped green onions.

Nutrition Information *From USDA Nutrient Database

Calories: 219 Total Fat: 8.5g Saturated Fat: 1.5g Monounsaturated Fat: 4g Polyunsaturated Fat: 2.5g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 30g Fiber: 2.5g Total Sugar: 6g Protein: 6g Sodium: 199mg Vitamin A: 135 μ g
Vitamin C: 10mg Calcium: 93mg Iron: 1.5mg Folate: 42 μ g

