

Japanese Poke Bowl



♥ 0

📄 0



Total time: 10 min

Preparation: 10 min

Cooking: 0 min

Serves: 10

Category: Cold Meals

RRP: \$6.00 ea

Level: Easy

This price is provided as a guide only and should be checked before using it as a listed menu price.

Ingredients

- 950 g Canned tuna, drained
- 2.5 cup Purple cabbage, chopped
- 2.5 cup Edamame beans
- 2.5 cup Carrot, diced
- 2.5 cup Zucchini, diced
- 2.5 cup Green beans, trimmed
- 5 cup Wombok or papaya, chopped
- 10 tbsp Sesame oil
- 10 tbsp Rice bran oil
- 2.5 tsp English mustard
- 5 tsp Sugar
- 1 cup Rice vinegar
- 2.5 cup Soy sauce

Recipe

1. Combine tofu, chicken or tuna, cabbage, edamame, carrot, zucchini, green beans and wombok or papaya.
2. In a separate bowl mix together oils, mustard, sugar, vinegar and soy sauce. Pour into a 20ml portion cup and serve with salad from step 1.

Full description

Thank you to the team at Waterford State School for sharing this recipe.

Variations

Can replace tuna with 80g cooked chicken or 170g of cooked tofu

www.emenu.qast.org.au

PO Box 1756, Coorparoo DC Qld 4151 PH 07 3324 1511 F 07 3847 8655

© 2020 QAST. All rights reserved. The listing of a person or supplier no way implies any form of endorsement by the Queensland Association of School Tuckshops of the products or services provided by that person or supplier.

