

Classic vegan poke bowl with pulses and falafel



Ingredients

1.5 kg Ardo Basmati rice
1.5 kg Ardo Cauliflower Power mix
300 g Ardo carrot strips 3 x 3 mm
300 g Ardo Edamame soybeans
400 g Ardo Mango
300 g Hummus
100 g Ardo Chickpeas
40 Ardo Falafel
Sushi vinegar
Soy sauce
Honey
Apple cider vinegar
Sunflower oil
Sesame seeds
Pepper and salt

Preparation

1. Sauté the basmati rice and the Caulipower mix in a dash of sunflower oil.
2. Season with salt and pepper and finish with the sushi seasoning.
3. Defrost the mango.
4. Briefly heat the edamame, chickpeas and carrot strips in the steamer and allow to cool again.
5. Season the carrot strips with some honey and apple cider vinegar.
6. Roast in a preheated oven at 180°C for 8 minutes.
7. Arrange everything in a bowl and finish with the soy sauce and sesame seeds.

Allergens

Gluten

Sesame

Soy



We preserve nature's gifts