

Design a poke bowl



Creating your own poke bowl, as shown in the video, is a fun and easy way to Add One More Vegetable to your day!

A poke bowl can be adapted depending on the season, your preferences, budget and availability of ingredients. The key is to mix and match a wide array of ingredients and fresh vegetables for vibrant colour, diverse textures, and delicious flavours - this will result in a nourishing and satisfying meal.

The poke bowl you will prepare today will incorporate the elements listed below:

- Cooked rice
- Selection of raw vegetables
- Selection of cooked vegetables
- Protein based food
- Pickled/fermented vegetables
- Dressing
- Garnish

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Based on all your learnings and discussions so far, along with the ingredients you have available, follow the steps below to design your individual poke bowl.

Step one: Select **two - three** different raw vegetables to incorporate into your dish. For example:



Grated carrot



Sliced capsicum



Finely sliced cabbage



Finely shredded Asian greens



Courgette ribbons



Diced cucumber



Diced tomato



Finely sliced radish

Step two: Select **two - three** different cooked vegetables to include in your dish. For example:



Blanched broccoli



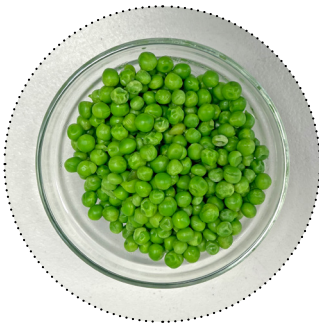
Roast pumpkin



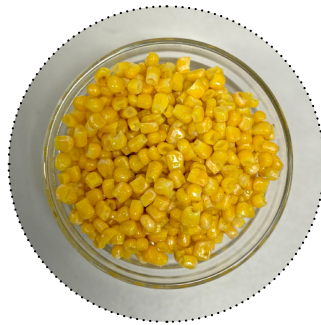
Sautéed
courgettes



Sautéed
mushrooms



Blanched
frozen peas



Sautéed
sweetcorn



Blanched frozen
edamame beans



Sautéed Brussels
sprouts

Step three: Select a **protein** to include in your dish. For example:



Canned tuna or salmon, drained



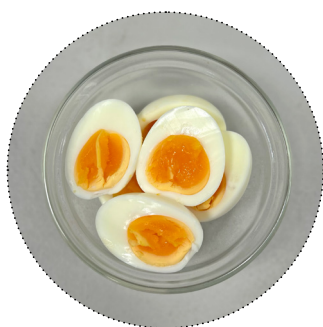
Cooked shredded chicken



Cooked beef or pork



Stir-fried tofu



Boiled eggs



Drained and rinsed canned beans or lentils

Step four: Select a **pickled or fermented vegetable** to include in your dish. For example:



Quick pickled red onion



Quick pickled cucumber



Pickled ginger



Sauerkraut or Kimchi

Step five: Select **a dressing** to include in your dish. For example:



Lemon and ginger dressing



Sweet chilli dressing



Miso-mayonnaise

Step six: Select **two garnishes** to include in your dish. For example:



Sesame seeds



Nori strips



Crispy shallots



Mung beans



Finely sliced soft herbs



Finely sliced chilli pepper



Finely sliced spring onion



Microgreens

Step seven: With your selections above and the poke bowl recipe card, you're now ready to prepare your poke bowl.