KIKKOMAN

Tofu Rainbow Bowl

Total time **45 mins** **30 mins** preparation time **15 mins** cooking time

INGREDIENTS

4 portion(s)

240 g	basmati rice
1 pinch	salt
120 g	cashews
170 g	tofu
1 tbsp	rapeseed oil
2 tbsp	honey
0.5 tsp	dried chilli flakes
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
150 ml	water
3	lemons (only the juice)
150 g	carrots, finely shredded
1	red pepper, finely sliced
0.5	red cabbage, finely shredded
2	avocados, flesh cut into strips
300 g	edamame
1	mango, flesh cut into pieces
200 g	mung bean sprouts
1 tsp	of white sesame seeds
1 tsp	of black sesame seeds

PREPARATION

Step 1

In a large saucepan, bring about 2 litres of water to the boil with a good pinch of salt. Add the basmati rice and simmer for about 10 minutes.

Step 2

Roast cashew nuts in a dry pan, remove and set aside. Dice tofu and fry in rapeseed oil. Add 1 tbsp honey, chilli flakes and 1 tbsp Kikkoman soy sauce.

Step 3

Put the water in a bowl and stir in 3 tbsp Kikkoman soy sauce, lemon juice and 1 tbsp of honey to make a dressing.

Step 4

Distribute the finished rice into 4 bowls. Top with the prepared vegetables and mung bean sprouts. Garnish with sesame seeds and serve with the dressing.