

PREPARATION: 30 MINUTES

COOKING: 30 MINUTES

4 SERVINGS



VERMICELLI POKE BOWL

INGREDIENTS

400 g extra-firm tofu

2 teaspoons vegetable oil

Sauce

¼ cup canola oil

3 tablespoons lime juice

1 teaspoon lime zest

½ garlic clove, minced

2 tablespoons honey

2 teaspoons fresh ginger, grated

1 teaspoon low-sodium soy sauce*

1 teaspoon hoisin sauce

1 teaspoon sesame oil

½ teaspoon sambal oelek

Salad

150 g rice vermicelli

Oil

1 cup carrot, grated

1 cup English cucumber diced

6 radishes, julienned

4 green onions, sliced

½ cup fresh mint or cilantro, chopped

1 cup unsalted peanuts

Pepper to taste

PREPARATION

- 1 Remove excess moisture from tofu and cut into 1 cm cubes.
- 2 In a small bowl, prepare the sauce by mixing all sauce ingredients with a spoon.
- 3 In a non-stick frying pan, heat oil over medium-high heat, and fry tofu until it becomes crispy (8 minutes).
- 4 In a saucepan, boil water and cook vermicelli according to instructions on package. Drain the water by pouring them through a strainer. Return vermicelli to the pot. Add a bit of oil to prevent pasta from sticking.
- 5 Divide vermicelli and salad ingredients between four bowls. Add sauce and garnish with peanuts.

* Check the label and choose a low sodium soy sauce without potassium additives.

Nutrient Analysis

Per serving: ¼ of recipe

Calories	665 Kcal
Protein	22 g
Carbohydrates	58 g
Fibre	8 g
Sugars	16 g
Total Fat	42 g
Saturated Fat	5 g
Cholesterol	0 mg
Sodium	144 mg
Potassium	690 mg
Phosphorus	319 mg