

Classic vegan poke bowl with pulses and falafel



Ingredients

Ingredients for 10 servings:

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