

# Marinated Tomato Poke Bowls

**Serves** 3-4

**Time** 25 minutes

**Vegan**

**Common Allergens** soy, sesame, may contain wheat, egg

## Ingredients

For tomato poke:

- 3 roma tomatoes
- 2 tablespoons soy sauce or tamari
- 1 tablespoon agave
- 1 teaspoon sambal oelek
- 1 teaspoon toasted sesame oil
- 1 teaspoon minced ginger

For poke bowls

- 2 cups cooked sushi rice
- 2 cups cucumber, cut into strips
- 2 cups shelled edamame
- 2 medium avocados, sliced
- 1 mango, peeled and chopped
- 2 green onions, thinly sliced

Optional toppings:

- Sriracha mayonnaise - mix 3 parts vegan mayo with 1 part sriracha or to taste
- 1 cup pickled ginger
- 2 radishes, sliced
- 2 tablespoons furikake



## Instructions

To make tomato poke:

1. Place enough water in a saucepan to submerge the tomatoes and bring to a boil.
2. Score the tops of the tomatoes with an X as wide as the diameter of the tomato. Add to the boiling water and cook for 1 minute. Remove from boiling water and place into a bowl of ice water.
3. Once the tomatoes cool, peel off the skins. Chop into small ( $\frac{1}{2}$  inch) cubes.
4. Mix the remaining ingredients in a food storage container and the chopped tomato. Stir and refrigerate for at least 1 hour.

To assemble poke bowls:

1. To each bowl, add  $\frac{1}{2}$  cup cooked rice,  $\frac{1}{2}$  cup cucumber strips,  $\frac{1}{2}$  cup edamame, half of each avocado, a quarter of the mango, and garnish with green onion. Add the optional ingredients if desired.

## Notes

- Some types of furikake contain fish - check labels if you need this recipe to be fish-free
- You can use regular mayo instead of vegan mayo if you don't need it to be vegan/egg-free
- Omit the furikake and replace the sesame oil with another oil such as canola to make this recipe sesame-free
- Use gluten-free soy sauce or tamari to make this recipe gluten- and wheat-free
- Other topping ideas: seaweed salad, shredded carrots, tomato, jalapeno, red cabbage, kimchi, other sauces
- You can make this a salad by using leafy greens as the base instead of rice.