

Tofu sushi bowl Free Recipe 31032025

Description

Recipe Tofu sushi bowl

Banzai Japan MV

watermark F147 https://www.youtube.com/watch?v=k_vQsyC_F1AShopping List

Fruit and vegetables

1/4 small carrot, peeled and cut into thin matchsticks

1/4 small cucumber, halved lengthways, seeds removed, cut into thin matchsticks

1 tbsp Japanese pickled ginger, drained, to serve

½ lime, finely grated zest and juice

4 radishes, thinly sliced

3 spring onions, thinly shredded

Tins, packets and jars

25g/1oz frozen soya beans

50g/13/40z sushi rice

Cooking ingredients

½ level tsp runny honey, or vegan alternative such as agave syrup

½ tsp rice vinegar

dash toasted sesame oil

1 tsp toasted sesame seeds

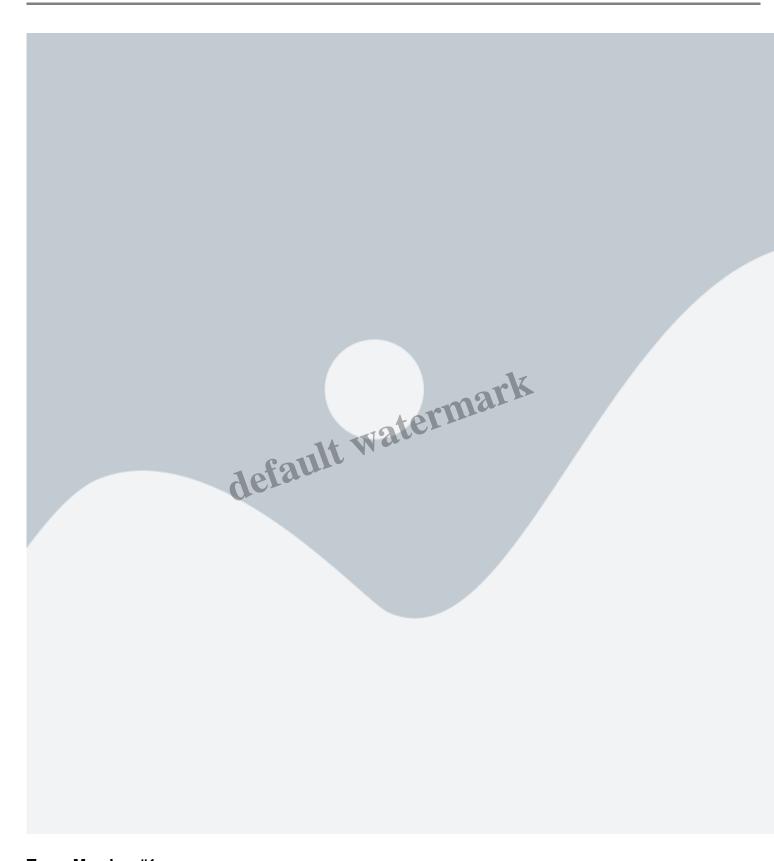
½ tbsp tamari or dark soy sauce

Dairy, eggs and chilled

100g/3½oz firm tofu, drained

https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9

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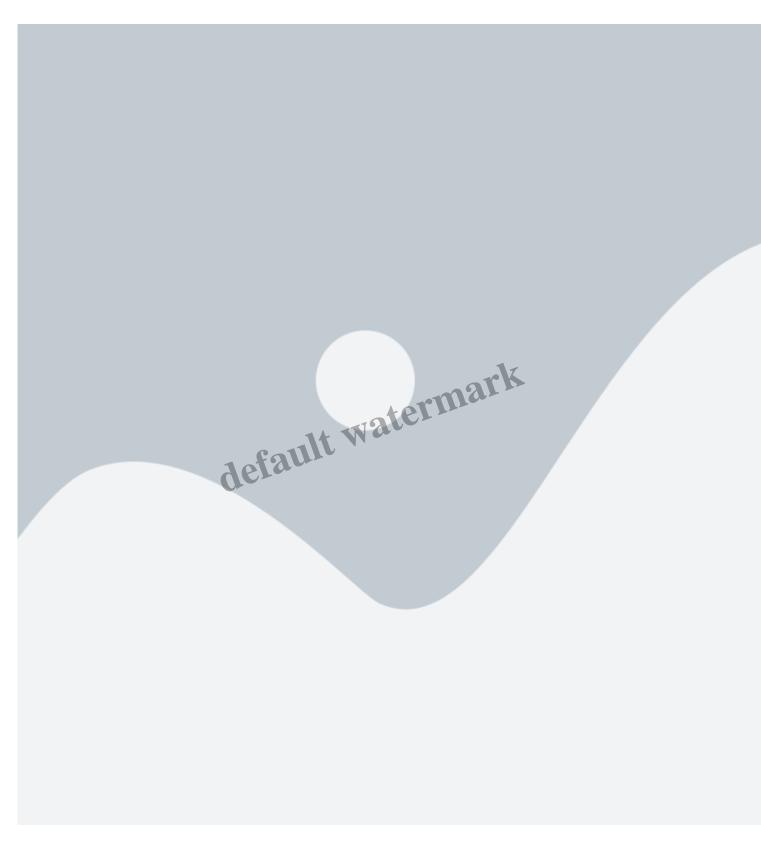


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