



## Tofu sushi bowl Free Recipe 31032025

### Description

#### Recipe

#### Tofu sushi bowl

[Banzai Japan MV](#)

[https://www.youtube.com/watch?v=k\\_vQsyC\\_F1A](https://www.youtube.com/watch?v=k_vQsyC_F1A) Shopping List

### Fruit and vegetables

¼ small [carrot](#), peeled and cut into thin matchsticks

¼ 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/1¾oz [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>

[Book Novotel Hotel](#)

default watermark



Team Member #1

WordPress Developer

Enter member description here which describes the position of member in company

default watermark


### Team Member #1

WordPress Developer

Enter member description here which describes the position of member in company

- 

default watermark



**default watermark**

**Team Member #2**

Web Designer

Enter member description here which describes the position of member in company

default watermark

### Team Member #3

Testing Engineer

Enter member description here which describes the position of member in company

Music Video – [Home Page](#)

### Category

1. Country
2. Japan
3. Tofu

### Tags

1. Dairy-free
2. Egg-free
3. Healthy
4. Pregnancy-friendly
5. Sushi
6. Tofu
7. Tofu sushi bowl
8. Vegan
9. Vegetarian

### Date Created

March 31, 2025

### Author

admin

default watermark