



Tofu sushi bowl Free Recipe 10042025

Description

Recipe

Tofu sushi bowl

Sushi bowls are a fast and inexpensive alternative to your favourite sushi bar. They're easy to put together, and you can customise the ingredients to your liking.

Each serving provides 495 kcal, 23g protein, 62g carbohydrates (of which 19.5g sugars), 16g fat (of which 3g saturates), 6.5g fibre and 1.1g salt.

[Banzai Japan MV](#)

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>

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Date Created

March 31, 2025

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