Sushi Salad Bowl with miso and tofu soup

This is a quick and easy meal that leaves you feeling light and virtuous. You can use fresh and in-season vegetables to accompany and play around with the presentation.

Serves: 4, Prep time: 00:30, Cook time: 00:30

Instructions

First of all cook the brown and black rice with 4 cups of water, simmer covered for 20-25min till the water is absorbed.

While the rice is cooking prepare the vegetables (other vege options are raw button mushrooms sliced, cherry tomatoes, and baby spinach/water cress)

Dressing

Create in a jar with a lid (or a jug/cup). Combine the soya sauce, sesame oil, apple cider vineger, lemon juice, coconut sugar, and 3 Tbsp of water.

Shake/stir to combine and set aside.

Construct & create your bowl

Place 1-2 cups of the cooked rice to the side of the bowl, add about 1/2 cup of each vege around the bowl, add picked ginger to centre. Drizzle dressing over all

Ingredients

- 1.5 cups Rice, brown, Medium grain
- 1 cups Black Rice, Medium grain
- 4 cups Water (filtered)
- 1 tablespoon Soy sauce
- 1 tablespoon Oil, sesame
- 1 tablespoon Apple cider vinegar
- 1 teaspoon Coco-nut sugar
- 4 Carrot, Ribbons
- 1.5 Cucumber, Thin slices
- 100 grams Beetroot, Grated (3.5 oz)
- 1 cups Capsicum, Red, raw, Thinly sliced
- 4 Miso soup (instant sachet)
- 300 (1 block) grams Tofu (organic TONZU brand)
- 1 tablespoon Juice, lemon

then sprinkle with 1 tsp of sesame seeds (plain or toasted).

*you can crumble toasted sushi-nori (seaweed sheets) on top as a yummy option. Cook on a metal trap in 180 degree oven for 4-5min. Let them cool, then crumble. You can buy toasted seaweed (ie ceres organics).

Miso Soup

EASY version - Use an instant sachet of miso per person + 1.5 cups of boiling water per person, Add the chopped/drained tofu and simmer for 5min.

*the Mitoku brand of instant miso + sushi - nori is very good quality with no preservatives.

Enjoy! This is one of our families favourite recipes - we have presentation competitions and I am yet to win.