

Tofu Poke Bowl [Vegan]



SERVES 4

Prep Time: 30 Minutes | Total Time: 30 Minutes

INGREDIENTS

- 3/4 cup thinly sliced scallion greens
- 1/4 cup reduced-sodium tamari
- 1 1/2 tablespoons mirin
- 1 1/2 tablespoons toasted (dark) sesame oil
- 1 1/2 tablespoons toasted sesame seeds
- 2 teaspoons grated fresh ginger
- 1/2 teaspoon crushed red pepper
- 1 (12 ounce) package extra-firm tofu, drained and cut into 1/2-inch pieces
- 4 cups zucchini noodles
- 2 tablespoons rice vinegar
- 2 cups shredded carrots
- 2 cups pea shoots
- 1/4 cup toasted chopped peanuts
- 1/4 cup chopped fresh basil

DIRECTIONS

1. Whisk together in a medium bowl; scallion greens, tamari, mirin, oil, sesame seeds, ginger and crushed red pepper.
2. In a small bowl, set aside 2 tablespoons of the sauce.
3. Add tofu to the medium bowl and gently toss.
4. In a large bowl, mix zucchini noodles and vinegar.
5. Divide among 4 bowls and top each with 3/4 cup tofu, 1/2 cup each carrots and pea shoots, and 1 tablespoon each peanuts and basil.
6. Drizzle with the reserved sauce and enjoy!