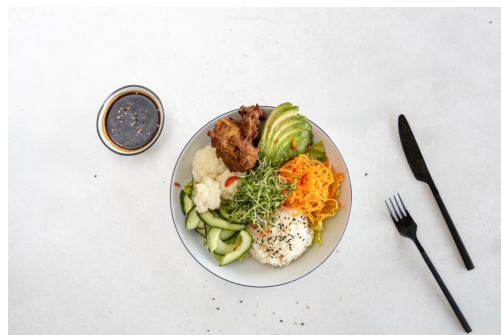


Maunaloa Poke Bowl

Rezept für 4 Personen



Vegan, Laktosefrei, Glutenfrei

Nährwert / Portionen 573 kcal

Fett 22 g

Kohlenhydrate 73 g

Eiweiss 10.9 g

Zubereitung

Zutaten Pakora poke bowl with cauliflower, cucumber, carrots & avocado

- 160 g sushi rice
- 240 ml water
- 65 ml white rice vinegar
- 20 g sugar
- 2 pinches of salt

- 1 avocado
- 1/2 cucumber
- 1 carrot
- 1 handful of cress
- 400 g vegetable pakora (bought or homemade, [recipe here](#))
- 1 tbsp sesame seeds white, black
- Mahalo Spicy Lime Sauce ([recipe here](#))

Zutaten Cauliflower Pickles

- 70 ml white rice vinegar
- 70 ml water
- 25 ml mirin
- 2 g salt
- 1 small ginger piece (approx. 20 g)
- 1/4 peperoncini
- 1 garlic clove
- 1/2 cauliflower

Zubereitung Pakora poke bowl with cauliflower, cucumber, carrots & avocado

Bring the rice vinegar, sugar and salt to the boil and simmer until the sugar starts to caramelize. Then remove the pan from the heat immediately (the sugar must not brown too much).

Wash the sushi rice twice and cook over a low heat until almost soft. Add the vinegar and sugar reduction (Sushi Su), bring to the boil again, switch off the heat, cover and leave the rice to stand until soft.

Toast the sesame seeds in a frying pan without oil. Halve the avocado, remove the stone, peel and cut into cubes. Peel the carrot and cut into strips. Deseed the cucumber and cut into diagonal slices.

Place the pakora on a baking tray lined with baking paper and bake at 180 degrees (fan) for approx. 10 minutes. Arrange all the ingredients in a bowl and enjoy.

Zubereitung Cauliflower Pickles

Peel and cut the garlic and ginger into slices, cut the chilli peppers into fine rings. Boil everything together with the mirin, rice vinegar and salt.

Prepare the cauliflower and cut into small pieces. Place the vegetables with the stock in a vacuum bag, vacuum seal airtight and marinate overnight.