

Sushi bowls

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Sushi bowls

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This is the perfect meal when you feel like sushi but don't have the time to make fiddly nori rolls. Adding vinegar and nut butter to the rice helps it to stick together and makes it really tasty.

Ingredients

- 1 cup brown rice
- 2 tbsp rice vinegar
- 1 tbsp nut butter (any kind)
- 2 tsp sesame oil
- 250 g firm tofu or tempeh (or both), cubed or sliced into batons
- 1 cup sliced shiitake mushrooms
- 2 tbsp sesame seeds
- ¼ cup tamari
- 8 cos lettuce leaves
- 1 carrot, cut into matchsticks
- 1 cup shredded red cabbage
- 1 cucumber, peeled lengthways into ribbons
- 1 avocado, diced
- ¼ cup pickled ginger
- ¼ cup cashew cream cheese (see recipe below)

Sushi bowls

- 4 nori sheets, shredded
- 1 lime, cut into wedges
- Cashew cream cheese (makes 2 cups)
- 1½ cups cashews, pre-soaked
- 1 tsp garlic flakes
- 1 tbsp apple cider vinegar
- ¼ cup nutritional yeast
- ¼ tsp salt
- Juice of 1 lemon

Method

To make the cashew cream cheese, drain the cashews and transfer to a food processor or blender with the rest of the ingredients and ¼ cup of water. Blend until smooth and creamy, adding extra water (in ¼ cup increments) until the mixture reaches the desired consistency. (Store the extra cashew cream in a sealed container in the fridge for up to 5 days.)

Cook the rice according to the packet instructions. Drain well. Stir in the vinegar and nut butter and set aside.

Heat the oil in a large frying pan over a medium heat. Add the tofu and/or tempeh and fry on each side for 2 to 3 minutes, or until golden. Remove from the pan, then add the mushrooms and sesame seeds to the same pan and stir-fry for 3 minutes, or until golden.

Divide the rice among four bowls and top with the fried tofu and/or tempeh and the mushrooms. Add a splash of tamari, nestle two lettuce leaves on the side of each bowl, then arrange a quarter each of the carrot, cabbage, rolled cucumber ribbons, avocado and pickled ginger on top. Dab on a tablespoon of cream cheese (or use an icing bag to pipe it on) and top with the shredded nori and lime wedges. Eat as you would a salad or challenge yourself with a pair of chopsticks.

Recipe by Ellie Bullen ([@elsas_wholesomelife](#))

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