



microtown 

Changing the world one Microgreen at a time



Tofu, Pumpkin and Red Cabbage Poke Bowl



A delicious vegan friendly poke bowl

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Microgreens grown
sustainably & locally
in Eltham

What you'll need:

- 1/3 cup (65g) brown rice
- 2/3 cup (160ml) water
- 1/4 tsp salt
- 200g butternut pumpkin cut into small pieces
- 300g tofu sliced
- 1 tsp olive oil
- salt & pepper, to taste
- 2 tsp maple syrup
- 3/4 cup of frozen podded edamame *thawed*
- 1 cup of red cabbage shredded
- 2 tsp apple cider vinegar
- Small handful of Kale and Red Cabbage Microtown Microgreens

Let's do it:

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Place shredded red cabbage in a bowl and mix in the apple cider vinegar and let sit.
3. Place rice, water and salt in a small saucepan and bring to the boil. Reduce to a simmer, cover and cook for 35 minutes. Remove from heat and stand for 5 minutes before fluffing
4. While rice is cooking, place the pumpkin on a tray and toss with oil. Season with salt and pepper and bake for 10 minutes, turn over and then bake for a further 10-15 minutes.
5. Add olive oil and the tofu to a pan and drizzle over the maple syrup and fry the tofu for a minute or two each side.
6. To serve, divide rice among bowls, add pumpkin, tofu, edamame and the drained red cabbage. Drizzle over the vinegar from the red cabbage, season with salt and pepper and add microgreens to serve.

Serves 2

