

Deconstructed Vegan Sushi Bowl



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The image shows a top-down view of a deconstructed vegan sushi bowl. The main bowl is filled with white rice, sliced avocado, cucumber, carrot, bell pepper, edamame, and a piece of nori. Surrounding the bowl are various fresh ingredients: a bowl of sliced carrots and bell peppers, a bowl of soy sauce, a bowl of yellow dressing, a sliced orange, and several whole cucumbers. The entire scene is set on a white marble surface with a blue banner at the top containing the title.

Yield: 4 servings

Prep Time: 10 minutes

Total Time: 10 minutes

If you love sushi, then this is the bowl for you! Fast, simple, nutritious, and delicious!

Ingredients:

- 4 cups cooked jasmine rice
- 1 cup edamame, cooked (no pods)
- 1 small carrot, julienne sliced
- 1 [Seedless DelFrescoPure® English Seedless Cucumber](#), julienne sliced
- 1 [package DelFrescoPure® Sweet Rainbow Peppers](#), julienne sliced
- 1 [package LivingCube™ Radish Trio microgreens](#)
- 1 avocado, sliced
- 6 sheets SeaSnax nori
- 4 tsp chopped green onion
- 4 tbsp pickled sushi ginger
- 4 tsp prepared wasabi
- 4 tbsp low sodium soy sauce
- 4 tbsp rice vinegar

Directions:

1. Prepare all ingredients as per list.
2. Combine the soy and rice vinegar to create a sauce.
3. Use four bowls and place rice in the centre of the bowl.
4. Add each ingredient in sections on top of the rice.
5. Pour sauce over each bowl for desired amount of dressing.

Cooking Tips:

This bowl would be a great lunch to take to work or school. As long as you don't add the sauce until you are ready to eat, it will keep in the refrigerator for a couple of days.



Nutrition Facts:

Serving Size: 1, Servings Per Recipe: 4, Amount Per Serving: Calories 932, Total Fat 15g (19% Daily Value), Saturated Fat 2.7g (14% Daily Value), Cholesterol 0mg (0% Daily Value), Sodium 658mg (29% Daily Value), Potassium 1152mg (25% Daily Value), Carbohydrate 173.5g (63% Daily Value), Dietary Fiber 17.5g (62% Daily Value), Sugars 7.7g, Protein 24.8g.

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