

Patties Foods – Falafel Poke Bowl

Everyday

Serves 4

Ingredients:

Main ingredients

- 16 Leader - Falafel Bites
- 300g cooked brown rice
- 4 radishes, thinly sliced on a mandoline
- ½ cup de-podded edamame beans, cooked
- 2 carrots, peeled and julienned
- 2 baby cucumbers, cut lengthwise
- 1 punnet of cherry tomatoes
- 2 cups shredded red cabbage
- 4 shredded nori sheets, to garnish

Poke sauce

- ½ cup soy sauce, reduced-salt
- 2 tsp sesame oil
- 2 tbsp rice vinegar
- 2 tsp crushed garlic
- 1 lime, juiced

Method:

1. Cook falafel bites according to packet instructions and keep warm
2. Spoon rice into 4 serving bowls
3. Evenly distribute all other main ingredients on top
4. Whisk together poke sauce ingredients, then drizzle over the top of each poke bowl
5. Sprinkle with toasted sesame seeds and shredded nori to serve

