



TOFU AND MANGO POKE



Preparation Time
40min



Total Time
40min



Portions
2



Difficulty
fácil

INGREDIENTS

- 1 Aurum mango
- Tofu
- 100g white rice
- 400g water
- Rice vinegar
- 1 carrot
- 1 cucumber
- Cherry tomatoes
- Soy sauce
- Lime juice
- Salt
- Olive oil
- Sesame seeds

PREPARATION

1. Wash about 100g of white rice thoroughly and rinse it as many times as necessary until the liquid that runs out is completely clear. This means that the rice has released all its starch.
2. In a saucepan or rice cooker, add 100g of white rice to 400g of water. Heat the rice over medium heat until it begins to boil. At that point, reduce heat to very low and leave it covered until all the water is absorbed.
3. Once cooked, add a little rice vinegar and mix well. Let the flavors blend while you prepare the homemade poke toppings.
4. Add diced mango, tofu, grated carrot, thinly sliced cucumber, and halved cherry tomatoes. Finish with sesame seeds and a sauce made with a little soy sauce, lime juice, salt, and a touch of olive oil.