

# Spicy Tofuna Sushi Bowl



PREP TIME

10 mins

COOK TIME

25 mins

TOTAL TIME

25 mins



COURSE

Dinner, Lunch



SERVINGS

1 serving

CALORIES

493 kcal

## EQUIPMENT

- rice cooker optional
- Air fryer or skillet
- parchment paper if using air fryer

## INGREDIENTS

- ⅓ c rice measured dry
- ¼ c shredded carrots
- ⅓ c sliced cucumber
- 40 g cubed avocado
- ½ oz pink sushi ginger
- ½ sheet nori sliced into strips
- 1 Tbsp tamari sauce
- 170 g super firm tofu

### Spicy Tofuna sauce

- 2 Tbsp tapioca flour
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp ginger powder or to taste
- ¼ tsp kelp granules optional
- 1 Tbsp sriracha
- 1 tsp lemon juice
- 1 tsp rice vinegar
- 1 tsp vegan mayo
- salt to taste

## INSTRUCTIONS

1. Start by cooking your rice in the rice cooker while you continue working on making the rest of the recipe.
2. Slice tofu into thin, bite sized sheets. Dip each side of the tofu bites in low sodium soy sauce or tamari.
3. If using an air fryer, lay a sheet of parchment paper over your air fryer tray to prevent sticking. Lay the tofu piece on top of the parchment paper. Ideally, you only want them taking up one tray so that your tofu cooks evenly and timely. Place them in the air fryer at 390 degrees F. Cook for 10 minutes on one side. Flip the tofu over, and cook the other side for 3 to 5 minutes. You want both sides to be slightly browned and cooked evenly and a little crunchy.
4. If you don't have an air fryer, heat up a skillet on medium heat on the stove. You will likely have to use a little oil on the pan to prevent sticking. Cook both sides of the tofu pieces until they start to get brown and a little crispy.
5. Now make your Spicy Tofuna sauce. Add all of the dry ingredients into a bowl and mix them together. Then add all the wet ingredients and combine everything. If it's too thick to easily pour the sauce, add a little water at the end to thin it out.
6. Arrange your sushi bowl so all the colors are visible. Drizzle the sauce on top of everything last.
7. Take a picture and share it on the Vegan Proteins private Facebook group. 😊

## NUTRITION

### Nutrition Facts

Spicy Tofuna Sushi Bowl

#### Amount Per Serving

**Calories** 493      Calories from Fat 207

#### % Daily Value\*

**Fat** 23g      **35%**

**Carbohydrates** 45g      **15%**

**Protein** 29g      **58%**

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free

**Tried this recipe?**

Let us know how it was!