

[Back to Index](#)

Sushi Bowl

Sushi Rice, Avocado, Mango, Seaweed, Cucumber, Tofu

Fresh and vibrant vegetarian sushi, in a bowl.

WIP

Last updated: 2025-05-13

Recipe Origin: <https://www.loveandlemons.com/sushi-bowl/>

Cuisine: Japanese (inspired)

Type: Vegetarian

Rating: 5/5

Cooking time: ?1:00-1:30

Price: €€€ (in NL: €30-35)

Servings: 4

Allergens: Soy, Sesame, Egg (Potential: Gluten, Mustard, Sulphites)

Ingredients

Spices/Pastes/Flavourings/Oils: (one container of each available)

- Rice vinegar
- (?Cane) Sugar
- (Sea) Salt
- Lime Juice / Fresh Lime
- Sesame Oil
- Mayonaise
- Sriracha Sauce
- Olive Oil
- Soy sauce (/Tamari)
- Cornstarch

Main:

- (Sushi) Rice [?400g]
- Avocado [2]
- Mango [1-2]
- Cucumber [1 large]
- Tofu [400g]
- Nori / Seaweed [4-6 sheets]
- Bean Sprouts / Taugé [125g]

Optional:

- Spring Onion [3 stems]
 - (Pickled) Radish
 - Pickled ginger
 - Sesame seeds
-

Steps

A. Baked Tofu

(<https://www.loveandlemons.com/how-to-cook-tofu/>)

1. Optional: Press the tofu to remove excess moisture.
2. Preheat the oven to 220°C and line a baking sheet with baking paper.
3. Cube the 400g tofu and place it in a bowl.
4. Add to the bowl, 0.5 tablespoon olive oil, 2 tablespoons soy sauce, 0.5 teaspoon sriracha and mix.
5. Then add 1 tablespoon cornstarch on top and mix gently.
6. Spread the tofu evenly onto the baking sheet.
7. Bake 20-25 minutes or until browned around the edges.

B. Rice

8. Wash the rice thoroughly.
9. Cook rice according to package instructions.
10. When done cooking, while still warm, mix in:
 - 2 tablespoons rice vinegar
 - 1 tablespoon (cane) sugar
 - 1 teaspoon (sea) salt

C. Main Bowl

11. Slice the 2 avocados.
12. Slice/dice the mango.
13. Slice 1 cucumber.
14. Slice the nori sheets.

D. Sriracha Mayo

(<https://www.loveandlemons.com/spicy-mayo/>)

15. In a small bowl stir together:
 - 8 tablespoons mayonnaise
 - 2 tablespoons sriracha
 - 1 teaspoon lime juice
 - 0.25 teaspoon sesame oil.
16. Taste and adjust to preference.

E. Assembly & Serve

17. Start with a base layer of rice in a bowl.
 18. On top of that add the prepped avocado, mango, cucumbers, tauge and tofu.
 19. And lastly add the sliced nori.
- Drizzle with sriracha mayo, sriracha and/or soy sauce at any part of the assembly process.

20. Serve!

Optional

- Add the (Pickled) Radish with the main ingredients
- Add thinly sliced spring onion on top