TOFU POKE BOWLS
Serves 4

Courtesy of Chef Andy Dombrowski, Zack Bruell Restaurant Group

Marinated Tofu
• 12 oz. grilled tofu diced
• 1/4 cup soy sauce
• 1 lime juice and zest
• 2 tbsp. grated ginger
• 2 tbsp. vegetable oil
• 1 tbsp. sesame oil
• 2 tbsp. honey
• 2 tbsp. sambal
• 3 scallions sliced
• 2 tbsp. sesame seeds

Bowl Ingredients
• 1 cup cooked rice
• 1 mango peeled and diced
• 1 red bell pepper diced
• 1 avocado diced
• 1 cup cucumber diced
• 1 cup edamame shelled
• 1 cup radishes sliced

Instructions:
Mix all of the above and marinate tofu for 20 minutes or up to one hour at room temperature.

Assemble the bowl ingredients starting with a bed of rice. Top with the marinated tofu and garnish with cilantro, basil or mint.