

Vegan Rice Power Bowl

Prep: 30 minutes • Cook: 35 minutes

A vibrant bowl of nutty brown rice topped with gingery tamari-seared tofu, crisp fresh vegetables, and a creamy peanut-lime peanut sauce, finished with cilantro, sesame, and avocado. Balanced, satisfying, and perfect for meal prep.

Ingredients

- 2/3 cup brown rice (dry)
- 1 1/3 cup water
- 1 tbsp oil
- 200 grams tofu (firm, diced)
- 1 tbsp ginger (fresh, minced)
- 2 tbsp tamari or soy sauce
- a pinch chili flakes
- 1/2 cup peanut butter (natural, smooth)
- 1/3 cup water (warm)
- 2 tbsp tamari or soy sauce
- 1 tbsp lime juice
- 1 clove garlic (minced)
- 1 tsp sesame oil
- 1/2 tsp cane sugar
- a pinch chili flakes
- 1/2 cup red cabbage (thinly sliced)
- 1 cucumber (mini, sliced)
- 1 carrot (shredded or peeled into ribbons)
- 1/2 bell pepper (thinly sliced)
- 2 tbsp cilantro
- 2 tsp sesame seeds (black)
- 1 avocado (sliced)

Instructions

1. Cook the rice: In a small saucepan, bring the brown rice and water to a boil. Reduce heat and simmer, covered, for 30–35 minutes until the water is absorbed.
2. Cook the ginger-tamari tofu: Heat a medium pan over medium heat, add oil, then tofu and ginger. Sear for about 5 minutes, stirring to prevent burning. Add tamari/soy sauce and chili flakes, reduce heat, and cook on low for 3 more

minutes.

3. Make the peanut sauce: In a small bowl, whisk together peanut butter, warm water, tamari/soy sauce, lime juice, garlic, sesame oil, cane sugar, and chili flakes until smooth and creamy.

4. Assemble: Divide rice between two bowls. Top with fresh vegetables, ginger-tamari tofu, cilantro, sesame seeds, avocado, and drizzle with peanut sauce.

5. Serve and customize: Add any other fresh veggies you like (e.g., cherry tomatoes, snap peas, radishes).

Tags: Vegan, Gluten Free, Tofu, Bowl, Meal Prep, Peanut Sauce

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