Poke Bowl



Fresh, colourful and bursting with flavour, this poke bowl brings together a delicious combination of vibrant ingredients and satisfying textures. Fluffy sushi rice is topped with crispy golden gyozas, creamy avocado, crunchy cucumber, shredded carrot and tender edamame beans. A perfectly jammy Pace Farm egg adds a rich, silky finish, while sushi ginger brings a refreshing tang. Drizzled with spicy sriracha mayo, savoury Maggi seasoning and a sprinkle of furikake, every bite delivers a balance of creamy, crunchy, spicy and umami flavours. Perfect for a quick protein lunch or easy dinner, this vibrant bowl is as delicious as it is colourful.

Prep:	10 mins
Cooking:	15 mins
Serves:	1
Makes:	1

Ingredients

- Gyozas of choice
- Sushi rice + splash of rice wine vinegar
- 1/2 sliced avocado
- Handful of sliced cucumber
- Handful of edamame beans
- 1 shredded carrot
- Sushi ginger
- 1 jammy XL 700g Pace Farm egg (6 min boil + 3 min ice bath)
- Sriracha (+ sriracha mayo)
- Furikake seasoning
- Maggi seasoning (or soy sauce)

Method

1. **Prepare the sushi rice.** Cook the sushi rice according to the packet instructions until tender and fluffy. Once cooked, transfer to a bowl and gently stir through a splash of rice wine vinegar to add a subtle tangy flavour. Set aside while preparing the remaining ingredients.
2. **Cook the egg.** Bring a small saucepan of water to the boil. Carefully lower the Pace Farm egg into the water and boil for 6 minutes to achieve a soft, jammy yolk. Immediately transfer to a bowl of iced water for 3 minutes to stop the cooking process. Gently peel the egg and slice in half.

3. **Prepare the vegetables.** Thinly slice the cucumber, shred the carrot and slice the avocado. Prepare the edamame beans according to the packet instructions and set aside with the sushi ginger.
4. **Cook the gyozas.** Heat a non-stick frying pan over medium heat and cook the gyozas according to the packet instructions, allowing the bases to become golden and crispy while ensuring the filling is thoroughly cooked.
5. **Assemble the poke bowl.** Spoon the prepared sushi rice into a serving bowl, spreading it evenly across the base. Arrange the crispy gyozas, sliced cucumber, shredded carrot, edamame beans, avocado and sushi ginger in sections over the rice.
6. **Add the egg and dressings.** Carefully place the halved jammy egg on top of the bowl. Drizzle with sriracha, sriracha mayo and a splash of Maggi seasoning or soy sauce for a rich, savoury finish.
7. **Garnish and serve.** Sprinkle furikake seasoning generously over the bowl and serve immediately while the gyozas are crispy and the rice is warm.