

Recipe Details

Recipe Name - Sushi Noodle Rice Bowl

Recipe Steps -

Ingredients

- 1 bell pepper of your choice (yellow, red, orange), chopped
- 1 to 2 carrots, julienned or chopped
- 1 cucumber, chopped
- 2 to 3 green onions, chopped
- 1 mango, chopped (optional)
- Cold noodles of your choice (we used kelp noodles)
- Hearts of Palm riced
- 1 nori sheet, ground into flakes or kelp seasoning
- 2 Tbsp tamari
- 1 tsp rice vinegar
- 1/2 to 1 tsp coconut nectar/maple syrup/agave (optional)
- 1 thumb tip length of prepared wasabi (more or less depending on taste
- 1/2 tsp miso paste

Instructions

- 1. Chop all vegetables to the desired size
- 2. Drain, rinse, and rice hearts of palm in a food processor or using a potato masher
- 3. Prepare noodles according to the directions, if you need to cook the noodles, cool them in cold water
- 4. Chop or grind nori sheet or use kelp flakes Place tamari, vinegar, coconut nectar, wasabi, and miso in a bowl, and incorporate well to create a dipping sauce
- 5. Assemble veggies, noodles, and riced hearts of palm in a bowl, drizzle with dipping sauce
- 6. Enjoy!



