



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!

