

# POKE BOWL

This fun and colourful poke bowl is designed to make eating vegetables exciting and stress-free. Bringing together an abundance of different veg types with a hint of sweetness from the pineapple, and topped with crunchy onions to create a mix of flavour and textures that kids love.

## METHOD (MAKES 12)

1. Cook the Tilda Brown & White Rice
2. Once cooked, fluff, spread onto trays, and cool quickly or chill until service
3. Prepare all the veg & fruit – carrots, cucumber, peas, sweetcorn, pineapple, broccoli and peppers
4. Assemble either in individual bowls or allow the pupils to assemble themselves

## INGREDIENTS

500g Tilda Brown & White Rice  
600g raw carrots, grated or chopped  
600g cucumber, diced  
600g frozen peas  
800g tinned sweetcorn  
800g tinned pineapple, chopped  
600g broccoli  
200g red pepper  
200g green pepper  
300g crispy onions (optional)

