

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)

