



VIBRANT VEGGIE POWER BOWL

Submitted by Chefs Joy Hadley & Matt Wehrle at
University of Nebraska Medical Center

SERVES 6

INGREDIENTS

15 ¼ oz. broccoli, crowns, halved
3 tsp. canola oil
2 tsp. red wine vinegar
2 tsp. montreal steak seasoning
½ oz. black peppercorns
¼ oz. star anise
¼ oz. clove
6 ½ cups water
7 tsp. salt, kosher
2 tsp. sugar, granulated
½ oz. garlic, fresh, crushed
1 ½ oz. carrots, matchstick
1 ½ oz. daikon radish, peeled & cut into matchsticks
½ cups cornstarch
1 ⅜ lbs. tofu, extra firm, 1 in. cubes
1 ½ cups frying oil
2 tbsp. soy sauce, low sodium
½ cup sweet thai chili sauce
5 ½ oz. english cucumbers, sliced thin
3 oz. cups thai peanut sauce
2 tbsp. scallions, sliced thin
3 ½ tbsp. cilantro, chopped
1 pt. brown rice, short grain
1 oz. avocado, cold, sliced
1 oz. kimchi
6 tsp. thai basil

PREPARATION

1. Brown rice: Wash and drain rice under cold water 3 times until water runs clear. Place rice into a treated pan, add water and salt, and stir gently. Place uncovered in a steamer or cover with plastic wrap and foil to bake in a 350° F oven. Steam or bake until liquid is absorbed, approx. 50 mins. Let rest for 5-10 mins and fluff with a fork and hold hot for service.
2. Charred broccoli: Place broccoli in a large bowl. Add oil, vinegar, and seasoning. Toss to coat evenly. In batches, place broccoli on a hot char grill for 3 mins. Turn broccoli and repeat until lightly charred, and hold hot for service.
3. Pickled carrots & daikon radish: In a dry pan over medium heat, toast peppercorns, star anise, and clove. Add water, vinegar, salt, sugar, and garlic. Bring to a simmer and whisk to dissolve sugar. Add carrots and radish into pickling brine. Leave on heat for 5 mins. Remove and let stand for 1 hour. Refrigerate and cool to under 40° F. Drain and discard liquid, and hold for service.
4. Crispy sweet chili tofu: Combine cornstarch and kosher salt. Toss tofu in mixture. In batches, fry tofu in oil at 375° F until brown and crispy. Drain well. Combine soy sauce and chili sauce. Toss tofu in sauce mixture.
5. Thai peanut cucumber salad: Combine cucumbers, sauce, scallions and cilantro. Toss gently to coat evenly. Hold refrigerated for 3 hours in the marinade.
6. Assembly: Place ½ cup rice in a serving bowl. Add 2 oz. broccoli, 1 oz. carrots and radish, 4 oz. tofu, 2 oz. cucumber salad, 1 oz. avocado, and 1 oz. kimchi. Garnish with 1 tsp. each thai basil and cilantro.

