

Healing Poké Bowl



This Healing Poké Bowl is refreshing, delicious and very satisfying. You can fill it with whatever you like, but this is my favourite combination. This bowl actually contains many of the ingredients that are extra healing for skin conditions such as eczema, psoriasis, vitiligo and rosacea.

Servings: 2-3

Jackfruit

400 g green jackfruit
2 tsp cumin
2 tsp paprika
2 tsp onion powder
2 tsp garlic powder
2 tsp oregano
1 tsp chilli powder
1 tsp cayenne
4 tbsp tomato paste
4 tbsp maple syrup
sea salt (optional)
black pepper

Jackfruit

1. Open the can with jackfruit. Pour out the liquid and rinse the fruit thoroughly under running water.
2. Take out the seeds and separate the meat into larger strings. Set aside.
3. Mix all the ingredients for the marinade in a bowl. Stir well.
4. Add the jackfruit to the bowl with marinade, and make sure all the jackfruit is covered in marinade.
5. Place the jackfruit in an ovenproof dish and bake in the oven at 225 degrees Celsius for 20 minutes. Take it out of the oven and set aside.

Poké Bowl Fillings

75-100 g mungbean noodles
kale
jackfruit kebab
asparagus
mango
alfalfa sprouts
avocado
spring onion
coriander

Poké Bowl Fillings & Dressing

1. Make sure you start with preparing the jackfruit.
2. Then cook the noodles by following the instructions on the package. Rinse in cold water and drain properly.
3. Chop the kale off the stems. Add to a bowl with some lime juice, and massage the kale for about 60 seconds, so that it becomes softer.
4. Chop asparagus, mango, avocado, spring onions and coriander.
5. Add all the ingredients to a big salad bowl, one at a time.
6. Make the dressing by adding all ingredients to a bowl. Add a little bit at a time, until you're happy with the taste.
7. Pour about 3-4 tbsp of dressing all over your Poké Bowl.
8. Eat straight away and enjoy!

Dressing

lime juice
maple syrup
grated ginger
chilli flakes