Poke Bowl with Crunchy Vegetables and Montchic cheese

Informations

People : **4**
Preparation : **20 min.**
Cooking time : **10-25 min.**

Ingredients

- 200 g Montchic cheese
- 280 g white rice
- 80 g corn kernels
- 2 carrots
- 6 radishes
- 1 avocado
- 8 cherry tomatoes
- A handful of young shoots
- A few edible flowers

Preparation steps

Difficulty level: easy ???

? Cooking time depends on the type of rice you have choosen

1. Wash all the vegetables. Peel the carrots and the avocado.
2. Cook the rice in boiling water.
3. In the meantime, dice the Montchic cheese into regular cubes.
4. Quarter the tomatoes, grate the carrots, slice the radishes and the avocado, and drain the corn.
5. Once the rice is cooked, drain it, then plunge it into ice water. Let it cool and then drain again.
6. Place the rice at the bottom of the serving bowls and arrange the toppings beautifully.
7. Decorate with some edible flowers and young shoots and serve chilled with soy sauce for a refreshing summer meal.

? **Tips and Ideas:** The Poke Bowl recipe is very versatile: vary the type of rice by using wild rice or black rice. For the topping, you can add meat or fish, other vegetables, or fruits such as mango or pomegranate.