

Spicy Mango & Avocado Rice Bowl

Shopping List:

Grains

- ☐ 2 cups cooked black forbidden rice, or other grain

Protein

- ☐ 1 14-ounce package extra firm tofu

Produce

- ☐ 1 mango, cubed
- ☐ 1 scallion, sliced
- ☐ 1 cup shredded red cabbage
- ☐ A few radishes, thinly sliced
- ☐ 1/2 cup chopped cucumber
- ☐ 1 avocado, pitted and diced
- ☐ Lime slices
- ☐ 2 teaspoons lime juice
- ☐ Handful of chopped cilantro (or basil or mint)
- ☐ Optional - minced garlic and/or ginger

Pantry

- ☐ Drizzle of olive oil
- ☐ Drizzle of tamari
- ☐ 1/3 cup coconut milk (full fat or light, from a can or box)
- ☐ 2 tablespoons peanut butter
- ☐ 2 teaspoons soy sauce
- ☐ 1 teaspoon sriracha