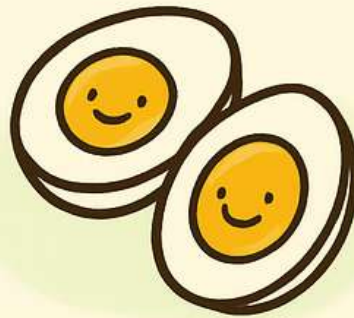


INGREDIENTS FOR A BENTO OF INNER BALANCE

(for your inner bento, measured & minimalist version)

**100 g of
cooked white
rice**

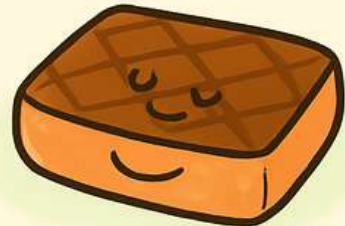
Shaped into a
lovely ball.



**H soft-
boiled egg
cut in half,**
Half firm, half
wobbly Flou.

**80 g of
teriyaki salmon**
(or 60 g of ft tofu
grilled for veg-
gie version)

Like your decisions.



**80 g of
teriyaki salmon**
(or 60 g of tofu
grilled for veggie
version)



**1 tbsp of soy
sauce**
(15 ml)

Salty. But not
too salty.

**1 tbsp of
soy sauce**
(15 ml)

Salty. But not
too salty.



Chef Chef Bloomiz's Note: Everything is in its place.

How to Prepare the Bento of Inner Balance

(Fragile mou'welcome at' ts sile recipe)

STEP 1

Rinse 100 g of white rice. three times, until there are no more bubblel.

Cook with 120 ml of water. Coovert fo 12 min.



STEP 4:

Hot the water lmitter. Immerse egg for 6 minutes. Then run it under cold water to keep it from exploding.



STEP 2

Make the tofur

Cut carrotin into sticks, separate brocli florets. 5 to 7 minutes steaming, just so they stay the way they are.



STEP 4:

Hot pan, oil fillet. 60 g of salmon (or tofu). Add 1 tbsp of soy sauce and honey or teriyaki. 2 minute ins per side. (No pressure, just crisp the crullstant!)



STEP 5

Pour 1 tbsp of soy sauce into your vegetable Add a squeeze of lemon if you want it to feel extra.



IT'S ALL there:

rice, egg, vegetables. salmon, sugar

And you?

There too.

You've cooked something simple.

