

10 Recipes for Dishes Served in a Coconut Bowl





Poke Bowl



2 Servings



25–35 Minutes

INGREDIENTS

200g fresh tuna or salmon, cubed
300g cooked white or brown rice
75g avocado, sliced
60g cucumber, thinly sliced
60g carrot, shredded
60g seaweed
30ml soy sauce
5ml sesame oil
5g fresh ginger, minced
5g sesame seeds
2g chili powder
A few lemon slices

DIRECTIONS

- 1. Prepare the fish:** In a small bowl, mix the tuna or salmon with soy sauce, sesame oil, minced ginger, and chili powder (if desired). Let the fish marinate for about 5–10 minutes.
- 2. Prepare the bowls:** Divide the cooked rice evenly into the two coconut bowls.
- 3. Add toppings:** Arrange the cucumber, carrot, avocado, and seaweed on top of the rice in each bowl.
- 4. Add the fish:** Place the marinated fish on top of the vegetables.
Garnish: Sprinkle sesame seeds on top and add a few lemon slices if desired.
- 5. Enjoy:** Mix all the ingredients together before eating.



Mango Sticky Rice

 2 Servings

 130-40 Minutes
(excluding soaking time)

INGREDIENTS

400ml coconut milk
200ml unsweetened
fresh milk
100g sugar
1/4 teaspoon salt
1 teaspoon vanilla extract
50g dried shredded coconut
50g roasted peanuts

DIRECTIONS

- 1. Prepare the Ice Cream Mixture:** In a small saucepan, combine the coconut milk, fresh milk, sugar, and salt. Heat the mixture over medium heat, stirring continuously until the sugar is fully dissolved. Do not let the mixture boil.
- 2. Add Vanilla (Optional):** If you prefer a vanilla flavor, add 1 teaspoon of vanilla extract to the mixture after removing it from the heat. Stir well to incorporate the vanilla.
- 3. Cool and Chill the Mixture:** Allow the mixture to cool completely. Then, transfer it to a large bowl and refrigerate for about 1-2 hours until it is well chilled.
- 4. Whip and Freeze:** Once the mixture is cold, use an ice cream maker or a blender to whip the mixture until it becomes smooth and creamy. Pour the whipped mixture into molds or bowls, cover, and freeze for about 4-6 hours or overnight until fully set.
- 5. Garnish and Serve:** When the ice cream is frozen, scoop it into 2 bowls and garnish with dried shredded coconut or roasted peanuts if desired.



Dragon Fruit Smoothie

 2 Servings

 10-15 Minutes

INGREDIENTS

300g dragon fruit
100g ripe banana
200g vegan yogurt or
regular yogurt
100ml coconut milk
100ml orange juice
1 tablespoon chia
seeds
1-2 tablespoons honey
or maple syrup
1/2 cup ice cubes

DIRECTIONS

- 1. Prepare the fruit:** Cut the dragon fruit and banana into small pieces.
- 2. Blend the smoothie:**
 - Place the dragon fruit, banana, yogurt, coconut milk, orange juice, and ice cubes in a blender.
 - Blend until the mixture is smooth.
 - Add honey or maple syrup if you prefer it sweeter and blend again.
- 3. Add chia seeds:** If desired, stir chia seeds into the smoothie mixture.
- 4. Pour into coconut bowls:** Divide the smoothie into the two coconut bowls.
- 5. Enjoy:** Garnish with a sprinkle of chia seeds or shredded coconut if desired.



Quinoa Salad

 2 Servings

 25–30 Minutes

INGREDIENTS

150g quinoa
300ml water
(or vegetable broth)
100g cucumber
(1 medium-sized)
100g cherry tomatoes
(about 10–12)
1/2 red onion (about 50g)
50g fresh parsley
1/2 lemon (juiced)
2 tablespoons olive oil

DIRECTIONS

1. Cook the Quinoa:

- Rinse the quinoa under running water.
- Bring 300ml of water (or vegetable broth) to a boil in a small pot. Add the quinoa, reduce the heat, and simmer for about 15 minutes until the water is absorbed and the quinoa is tender. Remove from heat and let it cool.

2. Prepare the Vegetables:

- Cucumber: Wash, deseed, and cut into small pieces.
- Cherry tomatoes: Wash and cut in half.
- Red onion: Peel and thinly slice.
- Parsley: Wash and chop finely.

3. Mix the Salad:

- In a large bowl, combine the cooled quinoa with cucumber, cherry tomatoes, red onion, and parsley.
- Add lemon juice, olive oil, salt, and ground black pepper. Toss well to combine all the ingredients.
- If using feta cheese, crumble it and add to the salad.

4. Serve: Divide the salad into 2 bowls and enjoy immediately, or refrigerate for 10–15 minutes before serving for a chilled salad.



Acai Bowl

 2 Servings

 25-35 minutes

INGREDIENTS

200g frozen acai
150g ripe banana
120g fresh or frozen strawberries
240ml almond milk
50g granola
20g shredded coconut
20g chia seeds
100g fresh fruit (banana, blueberries, strawberries) for topping
30ml honey

DIRECTIONS

- 1. Prepare the smoothie:** In a blender, combine the frozen acai, banana, strawberries, and almond milk. Blend until smooth.
- 2. Pour into bowls:** Divide the smoothie mixture evenly between two bowls.
- 3. Add toppings:** Top each bowl with granola, shredded coconut, chia seeds, and fresh fruit.
- 4. Add honey:** If desired, drizzle honey on top for added sweetness.
- 5. Enjoy:** Mix the ingredients with a spoon and enjoy immediately.

Ceviche

 2 Servings

 30 Minutes

INGREDIENTS

200g fresh white fish (cod, snapper, or basa)
100ml fresh lime juice
50g red onion
1 small red chili, seeded and finely chopped
50g tomato
1/2 avocado, diced
1 sprig cilantro, chopped
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 tablespoon olive oil

DIRECTIONS

1. Prepare the Fish:

- Rinse the fresh white fish, then cut it into small pieces (about 1-2cm).
- Place the fish in a large bowl and pour the lime juice over it, ensuring the juice completely covers the fish.
- Cover the bowl and refrigerate for about 15-20 minutes, or until the fish turns opaque, indicating it is "cooked" by the acid from the lime juice.

2. Prepare the Vegetables: While the fish is marinating, prepare the other ingredients: thinly slice the red onion, chop the red chili, dice the tomato and avocado, and chop the cilantro.

3. Mix the Ceviche:

- Once the fish is "cooked," drain any excess lime juice (if any).
- Add the red onion, chili, tomato, avocado, and cilantro to the bowl with the fish. Season with salt and ground black pepper, and mix well.
- If desired, add 1 tablespoon of olive oil for extra flavor.

4. Serve: Divide the ceviche into 2 bowls and enjoy immediately to ensure the freshest taste.





Lomi Salmon



2 Servings



20-25 Minutes

INGREDIENTS

200g fresh salmon,
diced
100g tomato, diced
50g onion, finely
chopped
1 green onion, chopped
1/2 lemon, juiced
1/4 teaspoon salt
1/4 teaspoon ground
black pepper
50ml water

DIRECTIONS

1. Prepare the Salmon:

- Rinse the fresh salmon and cut it into small bite-sized pieces.
- Place the salmon in a bowl, add 1/4 teaspoon of salt, and squeeze the juice of half a lemon over the fish. Mix well and let it marinate for 5-10 minutes.

2. Prepare the Vegetables:

- Tomato: Wash and dice into small pieces.
- Onion: Peel and finely chop.
- Green onion: Wash and chop into small pieces.

3. Mix the Lomi Salmon:

- In a large bowl, combine the marinated salmon, tomato, onion, and green onion. Mix all the ingredients well.
- Add 1/4 teaspoon of ground black pepper and water (if using) to enhance the dish's texture and flavor.

4. Serve: Divide the Lomi Salmon into 2 bowls and enjoy immediately after mixing to ensure the freshest taste.



Coconut Ice Cream

 2 Servings

 30-40 Minutes
(excluding chilling and freezing time)

INGREDIENTS

400ml coconut milk
200ml unsweetened fresh milk
100g sugar
1/4 teaspoon salt
1 teaspoon vanilla extract
50g dried shredded coconut
50g roasted peanuts

DIRECTIONS

1. Prepare the Ice Cream Mixture:

In a small saucepan, combine the coconut milk, fresh milk, sugar, and salt.

Heat the mixture over medium heat, stirring continuously until the sugar is fully dissolved. Do not let the mixture boil.

2. Add Vanilla (Optional):

If you prefer a vanilla flavor, add 1 teaspoon of vanilla extract to the mixture after removing it from the heat. Stir well to incorporate the vanilla.

3. Cool and Chill the Mixture:

Allow the mixture to cool completely. Then, transfer it to a large bowl and refrigerate for about 1-2 hours until it is well chilled.

4. Whip and Freeze:

Once the mixture is cold, use an ice cream maker or a blender to whip the mixture until it becomes smooth and creamy. Pour the whipped mixture into molds or bowls, cover, and freeze for about 4-6 hours or overnight until fully set.

5. Garnish and Serve:

When the ice cream is frozen, scoop it into 2 bowls and garnish with dried shredded coconut or roasted peanuts if desired. sauce, sugar, turmeric powder, and chili powder (if using).

Allow the mixture to simmer for about 15-20 minutes, until the chicken and vegetables are tender.



Chia Pudding



2 Servings



10 Minutes preparation + 4 Hours soaking

INGREDIENTS

60g chia seeds
400ml almond milk (or
coconut milk, regular
milk as preferred)
2 tablespoons honey or
maple syrup
1 teaspoon vanilla
extract (optional)
100g fresh fruit
(strawberries,
blueberries, kiwi, etc.) for
topping

DIRECTIONS

1. Prepare the Chia Seeds:

- In a large bowl, mix 60g of chia seeds with 400ml of almond milk. Stir well to avoid clumping.
- Add 2 tablespoons of honey or maple syrup and 1 teaspoon of vanilla extract (if using), then mix well.

2. Soak the Chia Seeds: Cover the bowl and let it soak in the refrigerator for at least 4 hours, or overnight, until the chia seeds expand and the mixture thickens into pudding.

3. Decorate and Enjoy:

- Once the pudding is ready, divide it into 2 bowls.
- Top with fresh fruit like strawberries, blueberries, or kiwi, as desired.



Vegan Poke Bowl

 2 Servings

 30-35 Minutes

INGREDIENTS

Rice: 200g (white or brown rice)

Tofu: 200g

Vegetables: 1 carrot (julienned), 1/2 avocado (sliced), 1 cucumber (sliced), 1/2 purple cabbage (shredded), 1/2 mango (diced)

Seaweed: 1 sheet of seaweed, cut into small pieces

Edamame beans: 100g, boiled

Soy sauce: 3-4 tablespoons

Rice vinegar: 2 tablespoons

Sesame oil: 1 tablespoon

Toasted sesame seeds: 1 tablespoon

Pickled ginger: 50g

Red chili: 1 (optional, thinly sliced)

Poke Sauce: 2 tablespoons vegan mayonnaise, 1 tablespoon Sriracha, 1 teaspoon lime juice, 1 tablespoon soy sauce.

DIRECTIONS

1. Cook the rice: Rinse the rice and cook as usual. Once cooked, let it cool slightly.

2. Prepare the tofu:

- Pan-fry the tofu with a bit of oil until golden on both sides.
- Then, marinate the tofu with some soy sauce, sesame oil, and rice vinegar for about 10 minutes.

3. Prepare the vegetables:

- Slice and prep the vegetables as instructed above.
- Boil the edamame beans until cooked, then drain.

4. Make the Poke Sauce: Mix the vegan mayonnaise, Sriracha, lime juice, and soy sauce until smooth.

5. Assemble the Poke Bowl:

- Place a layer of rice at the bottom of the bowl.
- Arrange the vegetables, tofu, edamame beans, seaweed, and pickled ginger on top.
- Drizzle the poke sauce over the bowl and sprinkle with toasted sesame seeds.
- Garnish with red chili slices if desired.