



Salmon poke bowl

Serves 1

Ingredients

- 180g piece of salmon
- 150g edamame or broad beans
- 1 tb olive oil
- 150g cooked brown rice
- 200g long thin strips of carrot
- ½ Lebanese cucumber thinly sliced
- 1x spring onion, finely sliced
- ½ avocado diced
- 1 tsp black sesame seeds
- 2x pieces pickled ginger
- 1 tb soy sauce
- 1 tb honey.

Dressing

- ½ tb rice vinegar
- Squeeze of lemon juice.

Method

- Place the brown rice in a pot and fill with 300ml water and bring to the boil.
- Turn down to low and put the lid on and cook for 15 minutes.
- Turn it off and leave to stand covered.
- Brush the salmon with the honey and soy sauce and leave to marinate for at least 15 minutes.
- Blanch the beans for 1 minutes then refresh in cold water.
- Heat oil in a pan and cook salmon on either side for 4-5 minutes, remove from heat and flake while still warm.
- Fluff the warm rice with a fork and drizzle the vinegar & lemon juice over the top.
- Arrange the rice in a bowl, flaked salmon on top, carrot & cucumber strips, avocado & beans, top with sesame seeds and pickled ginger.