



SALMON POKE BOWL (SERVES 2)

INGREDIENTS:

- 125g sushi rice, cooked as per pack instructions (most are seasoned with rice vinegar)
- 2 cooked salmon fillets
- 1 medium avocado
- 1 tsp miso paste, let down with some water
- ½ lime, juice
- 160g edamame beans
- 1 tsp lazy chilli
- 1 tsp lazy garlic
- 1 large carrot, peeled and cut into matchsticks or julienned
- 1 6 inch piece of mooli/daikon, peeled and cut into matchsticks or julienned
- 2 tbsp rice vinegar
- ½ tsp caster sugar
- Pinch of salt
- 2 nori sheets, snapped into strips
- Pickled ginger to serve

INSTRUCTIONS:

- Cook sushi rice in advance and allow to fully cool.
- Lightly pickle the carrot and mooli by mixing the rice vinegar, sugar, salt and enough water to cover. Set aside for at least 20 minutes.
- Mix together the avocado, miso and lime juice and set aside.
- Coat the edamame beans in chilli and garlic.
- When ready to serve spoon equal amounts of sushi rice into 2 bowls and top each with the whole salmon fillet. Arrange the pickled vegetables, edamame beans and avocado dressing around the rice. Finish with the nori strips and pickled ginger.

580 cals 28g P 46g C 32g F