

# SALMON POKE BOWL

Bursting with bright super healthy veggies this is the easiest on trend bowl to make at home. Originating in Hawaii and very much like a deconstructed sushi roll, this poke bowl will have all ages lining up for more. Mix and match flavours and pile high with all your favourites.

*Hints and Tips: in terms of ingredients virtually anything goes when it comes to creating your poke bowl. You can add sweet fruits such as pineapple and mango or other vegetables not outlined in the ingredients list such as red onion, snow peas, shallots or any combo of your choosing.*



Serves: 2

Prep: 15min  
Cook: 0min

Dial: 1

Varied

## Ingredients

- 2 Tbsp soy sauce or tamari for gluten free
- 1 tsp sesame oil
- 1 tsp apple cider vinegar
- ½ lime, juice
- pinch of chili flakes
- 300g skinless salmon fillet (preferably sushi grade)
- 1 cup brown rice
- 2 cups water
- 1 carrot, cut in half and peeled
- 1 Lebanese cucumber, cut in half
- 2 radishes
- 2 spring onions
- ½ avocado (not too ripe)
- ¼ purple cabbage, core removed
- 2 tsp of sesame seeds
- 1 sheet of seaweed, torn loosely into small bits
- 2 Tbsp roasted unsalted peanuts, chopped
- Crispy fried shallots

## Method

1. Cook brown rice with 2 cups of water in a saucepan for approx. 25 mins stirring occasionally. Once cooked, strain and then divide the rice between 2 bowls and leave to cool.
2. Meanwhile, in a separate bowl combine the soy sauce/tamari, sesame oil, apple cider vinegar, lime and chilli flakes then set aside.
3. Chop the salmon fillet into small cubes. Transfer to the bowl containing the marinade, give it a stir and leave the salmon to soak while you are cutting your vegetables.
4. Using your Kleva Safety Slicer™ with both red and green buttons in the OFF position and dial on 1, slice radishes, cabbage, spring onions, chilli and avocado
5. With green in the OFF position and red in the ON position with dial on 1 julienne cucumbers, carrots
6. Arrange the veggies and salmon on top of the rice, then add the seaweed, peanuts and shallots. Pour over any extra marinade. Sprinkle with sesame seeds and serve.

