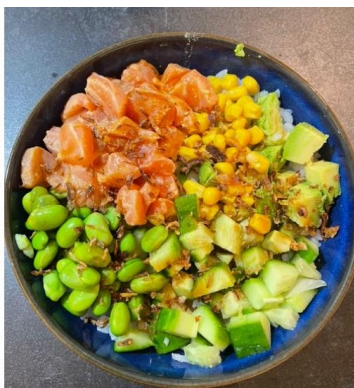


# MAKE YOUR OWN POKE BOWL



## QUICK

About 20-25 mins

## HEALTHY

Just count how many vegetables you will be eating in this dish – say no more!

## FAMILY

Feeds 4-5

## MEALS

Brilliant family meal as everyone adds the veggies they like so no complaints!

## INGREDIENTS

- 3 fillets fresh salmon/tuna (300g)
- 100g (sushi) rice **per person**
- ½ iceberg lettuce
- 100g shelled edamame beans
- 150g mushroom
- ½ cucumber
- 4 tbs crispy fried onions
- 2 limes
- 2 tbs soy sauce
- 100g sweetcorn
- 2 avocados
- 3 spring onions
- 1-2 tbs toasted sesame seeds
- Sushi rice seasoning (to taste)

## METHOD

- 1) When each ingredient is prepped – put it into a bowl (I'll just write bowl below)
- 2) Cook your rice according to the instructions on the pack – then allow to cool
- 3) Cook the edamame and sweetcorn (if frozen) - bowl
- 4) Slice the mushrooms then fry till soft – bowl
- 5) Cube your avocado – bowl
- 6) Dice fish and put into a bowl. Squeeze over juice of 2 limes, 2-3 tbs soy sauce and a pinch of salt – mix
- 7) Slice spring onions – bowl
- 8) Slice iceberg lettuce - bowl
- 9) When rice cooled - add powdered sushi & mix – bowl
- 10) Make up the 2 sauces by mixing ingredients together
- 11) Place all bowls onto the table and everyone puts together the Poke bowl that they like best
- 12) Serve drizzled with sauce, and sprinkled with sesame seeds and crispy onions

### Teriyaki Sauce (sweet)

1 tbs maple syrup, 1 minced garlic clove, 3cm finger fresh ginger minced, 3 tbs soy sauce

### Bibimbap Sauce (spicy)

2 tbs mayonnaise, 2 tbs rice/white wine vinegar, 2 tbs sriracha



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)