KIKKOMAN

Japanese Poke Bowl

Total time **45 mins** **45 mins** preparation time

Nutritional facts (per portion):
2,326 kJ / 555 kcal

Fat: **12 g** Protein: **33 g**
Carbohydrates: **79 g**

INGREDIENTS

4 portion(s)

400 g	skinless salmon fillets (3 pc)
120 ml	Kikkoman Sauce for Poke Bowl
300 g	Sushi rice
40 ml	Sushi rice vinegar
240 g	Avocado (2 pc)
5 g	Wasabi paste
20 ml	Lemon juice, freshly squeezed
30 g	Scallions (2 pc)
5 g	Nori leaves (2 pc)
40 g	Sushi ginger
120 g	Wakame seaweed salad, store-bought

PREPARATION

Step 1

Slice the salmon in small, bite sized pieces and toss with the Kikkoman Poke Sauce. Leave to marinate while you prepare the rest.

Step 2

Wash sushi rice in several changes of water, until the water is clear. Drain and cook covered in a medium pan according to the package instructions. Turn off the heat, fluff with a fork and season with sushi rice, gently folding it with a rubber spatula. Keep warm.

Step 3

Meanwhile, halve the avocados and remove the pit. Sprinkle them with lemon juice and season with salt. Cut one avocado ~ 0.5 cm-large cubes. Mash the second one with a fork, together with wasabi paste, or blend in a mini blender until smooth for a nicer presentation.

Step 4

Slice the scallions across thinly, white and green part. Tear nori in bite-sized pieces.

Step 5

Divide sushi rice among 4 bowls. Divide equal amounts of all other prepared ingredients among bowls, on top of rice, clockwise: marinated salmon with sauce, avocado cubes, wakame salad, wasabi-

avocado mash, nori and sliced scallions. Place sushi ginger in the middle. Drizzle with more Kikkoman poke sauce if desired and serve directly.