KIKKOMAN

Poke bowl with asparagus & salmon ceviche

Total time **45 mins** **10 mins** preparation time **5 mins** cooking time **30 mins** marinating time

Nutritional facts (per portion):
2,400 kJ / 585 kcal

Fat: **28 g** Protein: **32 g**
Carbohydrates: **47 g**

INGREDIENTS

2 portion(s)

300 g	fresh sushi-grade salmon
100 ml	lime juice
2 tbsp	Kikkoman Sauce for Poke Bowl
1 tsp	Kikkoman Toasted Sesame Oil
300 g	green asparagus
1 tbsp	butter
1 tsp	olive oil
1 tsp	lemon juice
1 tsp	Kikkoman Naturally Brewed Soy Sauce
150 g	cooked sushi or jasmine rice
2 tbsp	Kikkoman Seasoning for Sushi Rice (125ml)
0.5	mango
0.5	avocado
1 tbsp	black sesame seeds
2 tbsp	chopped coriander

PREPARATION

Step 1

300 g fresh sushi-grade salmon - **100 ml** lime juice - **2 tbsp** Kikkoman Sauce for Poke Bowl **1 tsp** Kikkoman Toasted Sesame Oil
Cut the salmon into small cubes. In a bowl, mix the lime juice with the Kikkoman Poke Sauce and Kikkoman Sesame Oil. Pour the marinade over the salmon and mix well. Refrigerate for 30 minutes.

Step 2

150 g cooked sushi or jasmine rice - **2 tbsp** Kikkoman Seasoning for Sushi Rice (125ml) - **0.5** mango - **0.5** avocado - **1 tbsp** black sesame seeds - **2 tbsp** chopped coriander
Mix the rice with the Kikkoman Seasoning for Sushi Rice. Divide the rice between bowls, add the salmon ceviche from Step 1 and the asparagus from Step 2, then top with the diced mango and avocado. Drizzle with the remaining salmon marinade and sprinkle with the black sesame seeds and coriander.

Step 3

300 g green asparagus - **1 tbsp** butter - **1 tsp** olive oil - **1 tsp** lemon juice - **1 tsp** Kikkoman Naturally Brewed Soy Sauce
Wash the asparagus, snap off the woody ends and cut into 3–4 cm pieces. Heat the butter and olive oil in a pan, add the asparagus and sauté for 2–3 minutes, stirring frequently. Add the lemon juice and Kikkoman Soy Sauce, mix and cook for 1 more minute. Set aside.