Warm salmon poke bowl

Description

Bam! Switching all my carbs to wholegrain/wholewheat, so wanted to try a poke bowl with brown rice instead of sushi rice. And thank god, it does not disappoint, too much :-), and I feel very fulfilled. For the salmon skin lovers like me, bake it (salted) in the oven on high temperature and crumble it over the poke bowl.

Details

Servings
2 servings

Prep time
15

Cooking time
15

KmA Challenge
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Ingredients

- 2 Salmon filets (with skin)
- 1 cup Brown rice

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- 2 hands of edamame beans
- 1 Avocado
- 1 Carrot
- 1/3 Cucumber
- 10 Radices
- Nori (half a sheet)
- 1 Spring onion
- Black and/or white sesame seeds
- On the side: soy, spicy oil, shiracha mayo (optional)
- **Marinade**
- half Tbsp Miso
- Tsp soy sauce
- Tsp sesame oil
- Tsp honey

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Directions

- Preheat oven on 225deg
- Boil the rice as described on package
- Mix all the marinade ingredients
- Salt the skin of the salmon. Rub the marinade over the top and the sides
- Fry for a few minutes in a hot skillet on the skin side
- Take off the skin and put both the skins as the salmon in the oven on a baking sheet
- Shave the carrot, cut the cucumber in blocks, cut the avocado in slices, cut the radices, cut the

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green part of the spring onion, shred the nori sheet

- Mix the rice with tbsp of soy. Put the rice in bowls and top with the cucumber, carrot, avocado, radices and edamame beans.
- Take salmon out of oven and cut into slices. Leave the skin until crispy
- Put the salmon in the bowl and shred the skin on top and/or the nori pieces.
- Top with sesame seeds and spring onion
- Serve with spicy oil & soy

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