

Warm salmon poke bowl

Description

A warm salmon poke bowl with brown rice, crisp vegetables, avocado, edamame and a punchy miso marinade. Topped with sesame, spring onion and either crispy salmon skin or nori, itâ€™s fresh, satisfying and easy to make for lunch or dinner.

Bam! Switching all my carbs to wholegrain/wholewheat, so wanted to try this salmon 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 the skin (salted) in the oven at a high temperature, then crumble it over the poke bowl. Not a fan of skin? Use nori sheets instead and crumble those over the top..

The toppings are, in our humble opinion, what makes the flavor. Since we have always had a special place in our hearts for spicy chili oil, this is one we cannot do without. We have tried them all, our favorite is this Lee Kum Kee Chiu Chow Chilli Oil.

BLF balance â“˜ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

9 / 10

BLF Flavour

9 / 10

BLF Easy

7.5 / 10

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MAKE IT MORE BALANCED
Add a little seaweed salad or some crumbled nori for extra minerals, flavor and another bit of plant variety. **(+0.5)**
Still hungry afterwards? Up the brown rice to 200gr. **(+ staying power)**

Nourishment

Fiber: high
Veggie level: high
Keeps you full: mostly
Energy: steady & substantial
Mood: fresh, colorful & satisfying

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Details warm salmon poke bowl

Servings
2 servings

Prep time
15 minutes

Cooking time
15 minutes

Protein
~35-40gr per serving

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Ingredients

- 2 Salmon filets (with skin)
- 150 gr brown rice (uncooked)
- 2 hands of edamame beans
- 1 Avocado
- 1 medium Carrot
- 1/3 Cucumber
- 10 Radices
- Nori (half a sheet)
- 1 Spring onion

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- Black and/or white sesame seeds
- On the side: soy, spicy chili oil, sriracha mayo (optional)
- **Marinade**
- half Tbsp Miso
- Tsp soy sauce
- Tsp sesame oil
- Tsp honey

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Directions

- Preheat the oven to 225Â°C.
- Cook the brown rice according to the package instructions
- 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 green part of the spring onion, shred the nori sheet
- Toss the cooked rice with 1 tablespoon of soy sauce.. 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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