


POKE BOWL salmon with mango

 for 2 persons

 30 mn

 20 mn

Ingredients :

2 salmon fillets
1 ripe avocado
1 mango
Ginger
Cold cooked rice
Sesame seeds
1 tablespoon of rice vinegar
For the marinade:
1 spring onion

1lemon
1 garlic clove
2 tablespoons of **Poke Bowl oil**
1 tablespoon of soy sauce
1 teaspoon of four spices
1 teaspoon of turmeric

Instructions :

1. In a bowl, mix the chopped spring onion, crushed garlic, lemon juice, poke bowl oil, soy sauce and spices to prepare the marinade.
2. Cut the salmon into small cubes and mix them with the marinade. Slice the avocado, cut the mango into pieces, and grate the ginger. Set aside.
3. Warm up the rice until it's lukewarm.
Mix the rice with rice vinegar and a tablespoon of sesame seeds.
4. In a bowl, layer the ingredients in this following order: rice, avocado slices, mango and ginger pieces and marinated salmon. Finish by sprinkling with sesame seeds.