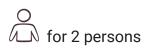
POKE BOWL salmon with mango







Ingredients :

| 2 salmon fillets | 1lemon |
|------------------------------|--------------------------------|
| 1 ripe avocado | 1 garlic clove |
| 1 mango | 2 tablespoons of Poke Bowl oil |
| Ginger | 1 tablespoon of soy sauce |
| Cold cooked rice | 1 teaspoon of four spices |
| Sesame seeds | 1 teaspon of turmeric |
| 1 tablespoon of rice vinegar | |
| For the marinade: | |

1 spring onion

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.

