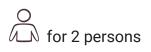
POKE BOWL salmon with mango







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.

