

Poke Bowl inspirowane Japonią

Czas ogółem **45 min** 45 min Czas przygotowania

Wartości odżywcze (na porcję)
2326 kJ / 555 kcal

Tłuszcz: **12 g** Białko: **33 g**
Węglowodany: **79 g**

SKŁADNIKI

4 porcj(e/i)

400 g	fileta z łososia bez skórki (3 kawałki)
120 ml	Sos Do Dań Poke Z Sosem Sojowym I Olejem Z Prażonych Ziaren Sesamu Kikkoman
300 g	ryżu do sushi
40 ml	octu ryżowego do sushi
240 g	awokado (2 sztuki)
5 g	pasty wasabi
20 ml	świeżo wyciśniętego soku z cytryny
30 g	cebuli dymki (2 sztuki)
5 g	arkuszy nori (2 sztuki)
40 g	imbiru do sushi
120 g	sałatki z wodorostów wakame (ze sklepu) sól

PRZYGOTOWANIE

Krok 1

Slice the salmon in small, bite sized pieces and toss with the Kikkoman Poke Sauce. Leave to marinate while you prepare the rest.

Krok 2

Wash sushi rice in several changes of water, until the water is clear. Drain and cook covered in a medium pan according to the package instructions. Turn off the heat, fluff with a fork and season with sushi rice, gently folding it with a rubber spatula. Keep warm.

Krok 3

Meanwhile, halve the avocados and remove the pit. Sprinkle them with lemon juice and season with salt. Cut one avocado ~ 0.5 cm-large cubes. Mash the second one with a fork, together with wasabi paste, or blend in a mini blender until smooth for a nicer presentation.

Krok 4

Slice the scallions across thinly, white and green part. Tear nori in bite-sized pieces.

Krok 5

Divide sushi rice among 4 bowls. Divide equal amounts of all other prepared ingredients among bowls, on top of rice, clockwise: marinated salmon with sauce, avocado cubes, wakame salad, wasabi-

avocado mash, nori and sliced scallions. Place sushi ginger in the middle. Drizzle with more Kikkoman poke sauce if desired and serve directly.