

Spicy Salmon Rice Bowl



A healthy, budget friendly poke bowl that packs a punch.

Ingredients

400 g canned red salmon, drained

1 tbsp salt reduced soy

2 tsp sesame oil

1 tsp ginger, grated

2 tsp lime juice

1 tsp chilli flakes

1 cup frozen edamame, blanched

2 cucumbers, diced

2 cups brown rice, cooked

2 spring onions, finely sliced for garnish

1 avocado, quartered

pickled ginger, for garnish

sesame seeds, for garnish

Method:

1. In a small bowl, whisk the soy, sesame oil, ginger, lime juice and chilli flakes until emulsified.
2. In another bowl, place the drained salmon and mix with the dressing, spring onions and toss to combine.
3. Divide rice into bowls, top with the dressed salmon, diced cucumbers, edamame, pickled ginger, avocado and sesame seeds.