

Salmon & Green Tea Poke Bowl

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This salmon poke (‘poh-ke’) bowl is a true hero dish which always gets rave reviews. Don’t panic about the number of ingredients – it’s more about ‘throwing it together’ than cooking it. You marinate the salmon, make the cauli rice salad, combine it all and top with the toasted nori sheets; these are optional but do enhance the meal’s nutritional quality and are well worth it. You’ll find them in the ‘international’ aisle of the supermarket.

Serves	4
Prep time	20 minutes
Cook time	2-3 minutes
Difficulty	●●●
Per serve	
Carbs	14.2 g
Protein	30.6 g
Fat	47.5 g
Energy	616 Cal

INGREDIENTS

For the salmon:

- 1 teabag green tea (best quality you can find)
- 2 tbsp just-boiled water
- 400 g salmon fillets
- 2 tbsp sesame seeds
- 1 tbsp sesame oil
- 1 tbsp tamari (or soy or gluten-free soy sauce)
- ½ tsp salt

For the cauli rice and salad:

- 1 smallish cauliflower
- 100 g bag baby spinach
- 1½ cups frozen shelled edamame beans (or broad beans)
- 1 tbsp olive oil
- 1 bunch of spring onions
- 2 carrots
- 1 avocado
- 2 tbsp pumpkin seeds
- 2-3 tsp tamari (or soy or gluten-free soy sauce)
- 2 large sheets nori (optional)

METHOD

Place the bag of green tea in a cup, add the boiled water and leave to soak; meanwhile, remove the skin and any pin-bones from the salmon, and discard.

Chop the salmon into small pieces and place in a medium-sized bowl. Add the sesame seeds, sesame oil, tamari and salt, then squeeze the green tea infusion out of the bag into the bowl. Stir to coat the salmon well. Set aside to marinate.

If using the nori sheets, pre-heat the oven to 180°C fan (200°C regular).

Cut the cauliflower into small to medium florets, place in a food processor and pulse until chopped into rice-sized bits.

Roughly chop the baby spinach. Place the edamame beans in a bowl and cover with hot water.

Heat the olive oil in a frying pan over a medium heat, add the cauli rice and a pinch of salt, and stir-fry for 2-3 minutes until the cauli rice begins to soften. Add the spinach and stir through for 30 seconds to wilt the greens. Set aside in the pan to keep warm.

Finely slice the spring onions and place in a large salad bowl. Dice or mandolin the carrots and cut the avocado pieces into wedges, adding them to the bowl. Drain the edamame beans and add along with the pumpkin seeds and tamari. Toss together thoroughly but gently.

Place the nori sheets, if using, on a baking sheet and toast in the oven for about 10 minutes. You want them to turn crunchy, not burn, so keep an eye on them. When they’re done, break them into pieces.

To serve, spoon the cauli rice into bowls. Place salad, then salmon on top. Top with crunchy nori, if using.

