



Easy Salmon Poke Bowl

2 servings

30 minutes

Ingredients

140 grams Brown Rice
10 milliliters Sesame Oil (divided)
225 grams Salmon Fillet (sushi-grade, skinless, diced)
35 grams Tamari
5 milliliters Rice Vinegar
1/2 Cucumber (sliced)
30 grams Radishes (thinly sliced)
1/2 Avocado (sliced)
1/2 Jalapeno Pepper (thinly sliced)

Directions

- 1 Cook the brown rice according to the directions on the package. Once it has finished cooking, drizzle half the sesame oil over top and mix to combine.
- 2 Meanwhile, in a medium-sized bowl, add the salmon, tamari, rice vinegar, and the remaining sesame oil. Place in the fridge to marinate for 10 minutes.
- 3 Assemble your bowl by adding brown rice to the bottom. Top it with salmon, cucumber, radishes, avocado, and jalapeno. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

More Flavor: Add minced ginger and chili flakes to the salmon while it's marinating.

Additional Toppings: Sesame seeds, cilantro and/or a spicy mayo.

Make it Vegan: Use tofu or tempeh instead of salmon.