

Japon usulü Poke Bowl

toplam süre **45 dak.** 45 dak. hazırlık süresi

Besin değerleri (porsiyon başı):
2.326 kJ / 555 kcal

Yağ: **12 gr** Protein: **33 gr**
Karbonhidrat: **79 gr**

MALZEMELER

4 porsiyon

400 gr	somon fileto, derisiz (3 parça)
120 ml	<u>Kikkoman Poke Sos</u>
300 gr	suşi pirinci
40 ml	suşi pirinç sirkesi
240 gr	avokado (2 adet)
5 gr	wasabi ezmesi
20 ml	limon suyu, taze sıkılmış
30 gr	taze soğan (2 adet)
5 gr	nori yaprağı (2 adet)
40 gr	suşi zencefil
120 gr	wakame yosun salatası, kullanıma hazır

HAZIRLANIŞ

Adım 1

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

Adım 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.

Adım 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.

Adım 4

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

Adım 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.