



POKÉ BOWL

Ingredients

For 2 portions

125g of rice or quinoa

150g of salmon

1 carrot

1/2 cucumber

1 piece of ginger

30g edamame

20g of corn

2 tsp soy sauce

Herbs and seeds of your choice

Steps

- 1.** Cook the rice or quinoa following the directions on the package and let cool.
- 2.** Cut the salmon into small pieces, cut the cucumber and ginger into slices, the carrot into strips then prepare the edamame and corn.
- 3.** Place the rice or quinoa in the bottom of two bowls then arrange all the ingredients on top. Add herbs and seeds according to your taste.
- 4.** Just before serving, pour the sauce over the ingredients and bon appétit!