

Salmon poke bowl



 Serves: 4  Prep: 55 minutes  Cook: 15 minutes  [Stack Cup](#)

Our colourful poke bowl is packed full of antioxidants, which protect our cells from damage as they 'mop up' free radicals in the body. To make the most of every bite, add in some extra colourful vegetables - our low FODMAP poke bowl is a quick and easy way to eat a rainbow in a meal.

Metric

Imperial

ingredients

1.5 cups white rice or sushi rice

325 g

2 tsp sugar

8.4 g

1/4 cup rice wine vinegar

1/4 cup rice wine vinegar	63 g
1/4 cup soy sauce	65 g
1 tsp wasabi powder	6.5 g
2 tsp maple syrup	13 g
Sashimi-grade salmon, cut into 2cm cubes	300 g
1 tbs sesame seeds	11 g
4 red radish, thinly sliced	80 g
1 cucumber, thinly sliced	175 g
1 cup shredded cabbage	95 g

Method

Step 1

Cook rice following the instructions on the packet. Combine sugar and 1/2 of the vinegar into a bowl. Once the rice had cooled slightly, mix in the vinegar & sugar. Leave to cool.

Step 2

In a large bowl mix the soy sauce, wasabi, maple syrup and

in a large bowl, mix the soy sauce, wasabi, maple syrup and remaining vinegar until well mixed. Add the salmon and toss gently. Cover and refrigerate for at 15 minutes.

Step 3

Divide rice among bowls. Top with salmon mixture, and all of the chopped vegetables. Add sesame seeds on top as a garnish.

Hints

Get creative in the kitchen and add as many different low FODMAP extras to make the dish extra colourful! Some of our suggestions include:

- Edamame beans
- Shredded carrot
- Greens of spring onion
- Firm tofu for vegetarians

