COOKING PASSION SINCE 1877

Salmon Poke Bowl

PREPARATION TIME: 30 MINUTES

COOKING TIME: 4 MINUTES

SERVES: 4

Ingredients

2 x 300g skinless salmon fillets
2 x 180 packets ready to eat soba noodles
125g sugar snap peas, trimmed
1/2 cup frozen, shelled edamame beans
1 large carrot, peeled and grated
1 cucumber, washed and peeled into thin ribbons with a vegetable peeler
6 radishes, thinly sliced
1 avocado, thinly sliced
Finely sliced shallot and chopped coriander for garnish
Japanese Roasted Sesame Dressing or Chilli sauce for serving.

Marinade

1 tbsp sesame oil
1 tsp grated fresh ginger
1 clove garlic, crushed
1 tbsp finely chopped coriander stalk

Method

Mix sesame oil, ginger, garlic and coriander together and spoon evenly over salmon fillets.

Marinate in the refrigerator for 1 hour.

Cut salmon into slices approximately 5mm thick.

Gently separate soba noodles. Place noodles, salmon, snap peas and edamame beans onto large perforated steamer tray that has been lined with baking paper.

Cook on Fullsteam 100˚C for 4 minutes.

Divide noodles, steamed vegetables, carrot, cucumber, radishes and avocado evenly between 4 serving bowls.

Arrange salmon on top of vegetable mixture and garnish with shallot and coriander.Serve with sesame dressing or chilli sauce if desired.

Notes

© NEFF Australia. For more delicious recipes visit theneffkitchen.com.au