

Teriyaki Salmon Poké Bowl



Healthy and easy to prepare, this teriyaki salmon sushi bowl is packed with fresh flavours and sticky teriyaki sauce - it'll become a lunchtime favourite.

Ingredients

Salmon Teriyaki

500 g skinless salmon fillet, cut into large chunks

1 tsp grated ginger

2 tbsp tamari

2 tbsp maple syrup or [Community Co Honey](#)

2 tbsp mirin

2 tbsp cooking sake

2 green onions, finely sliced

For the Bowl

1 cup Savoy cabbage, shaved

1 cup purple cabbage, shaved

1 tbsp rice vinegar

1 tsp mirin

1 small cucumber, sliced

1 avocado, sliced

2 packet 250g [Community Co Microwave Brown Rice](#) or Low GI Brown Rice

Method:

1. Mix together ginger, tamari, maple syrup, mirin, sake and green onion in a bowl. Add the salmon to marinate.
2. Slice the cucumber and avocado.
3. Toss both shaved cabbages and the cucumber slices with rice vinegar and mirin.
4. In a frying pan on medium heat, add the salmon and marinade. Keep frying until the sauce has reduced, and the salmon is cooked and starts to caramelise.
5. Cook the brown rice according to packet instructions.
6. Divide the rice between bowls and arrange on top with cabbage, cucumber, avocado slices and salmon. Drizzle with any remaining sauce.