

Ocean Trout Poke Bowl

Steamed Red Rice, Pickled Radish, Scallions, Carrot, Cucumber, Seaweed, Crisp Shallots & Wasabi Dressing

Ocean Trout

200g ocean trout (sashimi grade) cut into a 1 cm dice
2 tsp kewpie
1 tsp wasabi powder
squeeze of lemon

1 tsp tamarind paste
1 tsp mirin
1 tsp toasted sesame seeds
3 drops sesame oil

1. Take two separate bowls. In one bowl add the kewpie, wasabi powder and a squeeze of lemon.
2. Mix well and add more wasabi or kewpie for desired heat.
3. In the other bowl add the tamarind paste, mirin, sesame seeds and sesame oil.
4. Divide ocean trout into half and mix in each bowl with the dressing.
5. Stir to combine.

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Pickles

1 radish, finely sliced
1/2 carrot, grated, julienned
1 Tbs rice wine vinegar
1/2 tsp salt

Place carrot and radish in separate small bowls, season and drizzle vinegar over them.

Seaweed Salad

20g dried wakame seaweed, cut into ribbons
1 tbs toasted sesame seeds
1 Tbs rice wine vinegar
1 tsp freshly grated ginger

1. Place dried seaweed in a bowl and cover in cold water.
2. Let stand for 2 minutes then drain.
3. Squeeze out any excess water and return to a dry bowl.
4. Add finely chopped spring onion.
5. Combine rice wine vinegar, tamari, maple syrup, sesame oil, ginger and sesame seeds.
6. Pour over spring onion and seaweed and mix well to combine.

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Kale

1 cup of kale

Place in a medium bowl, season, add lemon and olive oil and massage to combine and coat.

Cucumber

1/3 cup of cucumber

Combine with fresh julienned ginger, add a squeeze of lemon

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Salad

1 cup kale, roughly chopped
1 tsp olive oil
1 tsp lemon juice
1/2 avocado finely sliced
1/2 cup podded edamame beans
1 spring onion, julienned
1 tsp finely julienned fresh ginger
1/3 cup cucumber, chopped in 1 cm dice
1 cup cooked red rice
1 Tbs micro herbs

PREPARE BOWL

Layer all components into a bowl, with salad as the base and the ocean trout with dressing on top. Enjoy!