



SALMON POKE BOWL

Category: Fish

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Salmon Poke Bowl

A Salmon Poke Bowl is a vibrant and healthy dish that highlights the fresh, succulent flavor of raw salmon combined with a perfect balance of savory, sweet, and spicy ingredients.

Originating from Hawaii, poke bowls have gained global popularity for their versatility and wholesome ingredients.

With a base of sushi rice, topped with marinated salmon, crunchy vegetables, and an array of flavorful sauces and garnishes, this dish is not only delicious but also nutrient-packed. It's ideal for lunch, dinner, or even a casual gathering, offering a refreshing and satisfying meal.

Ingredients:

For the Salmon Marinade:

1 lb fresh, sushi-grade salmon, diced into bite-sized pieces

2 tbsp soy sauce

1 tbsp sesame oil

1 tsp honey or agave syrup

1 tsp grated ginger

1 garlic clove, minced

1 tbsp sesame seeds (black or white)

For the Base:

2 cups cooked sushi rice or brown rice

1/2 cucumber, thinly sliced

1 small carrot, julienned

1 avocado, sliced

1/4 cup edamame beans (cooked and shelled)

1/4 cup radishes, thinly sliced

1 small seaweed salad (optional)

1 tbsp scallions, thinly sliced

1 tbsp pickled ginger (optional)

For the Sauce:

2 tbsp soy sauce

1 tsp sesame oil

1 tsp sriracha (adjust for spice level)

1 tsp rice vinegar

1 tsp honey or agave syrup

How to Make:

Prepare the Salmon: In a medium-sized bowl, combine the diced salmon with soy sauce, sesame oil, honey, grated ginger, minced garlic, and sesame seeds. Mix gently to coat the salmon evenly. Cover the bowl with plastic wrap and let it marinate in the refrigerator for at least 15-20 minutes. The longer it marinates, the more flavor the salmon will absorb.

Cook the Rice: While the salmon is marinating, cook the sushi rice according to package instructions. Allow it to cool slightly before using it as the base for the poke bowl. You can also use brown rice for added nutrition if preferred.

Prepare the Vegetables: Thinly slice the cucumber, carrot, avocado, radishes, and any additional toppings you're using, such as edamame or seaweed salad.

Make the Sauce: In a small bowl, whisk together the soy sauce, sesame oil, sriracha, rice vinegar, and honey or agave syrup. Adjust the spiciness and sweetness to your liking.

Assemble the Poke Bowl: Place a generous portion of sushi rice in the bottom of each bowl. Top with marinated salmon, followed by the sliced cucumber, carrot, avocado, radishes, and edamame. Drizzle with the sauce over the top and garnish with scallions, sesame seeds, and pickled ginger.

Serve: Serve immediately with chopsticks and enjoy your vibrant, healthy Salmon Poke Bowl!

Chef's Note:

Feel free to get creative with your poke bowl by adding additional toppings such as sliced mango, pineapple, or a drizzle of spicy mayo. For extra crunch, you can add crushed roasted seaweed or crispy wonton strips. Poke bowls are incredibly versatile, so customize it to your personal taste. If you prefer a vegan version, substitute the salmon with tofu or marinated mushrooms.

Nutrition Information (per serving, 1 bowl):

Calories: 450

Protein: 35g

Carbohydrates: 45g

Fat: 10g

Saturated Fat: 1.5g

Cholesterol: 60mg

Sodium: 750mg

Fiber: 5g

Sugars: 10g

A Salmon Poke Bowl is a healthy and satisfying meal that delivers fresh flavors with a variety of textures and nutrients. It's a great option for anyone looking to add more seafood and plant-based ingredients to their diet, without sacrificing taste. Enjoy this delicious, nutrient-packed dish for a refreshing and nourishing meal any time of day!