

HAWAIIAN POKE BOWL



QUICK

Less than 15 mins

HEALTHY

Boiling vegetables can destroy water-soluble vitamins B&C Calcium, iron and zinc can be reduced by up to 70%.

FAMILY



Feeds 5

MEALS

Brilliant for the family because each member can add whichever veggies they like so no complaints!

INGREDIENTS

- 5 fillets very fresh fish e.g salmon, tuna, seabass etc..
- 100g (sushi) rice **per person**
- 250g cherry tomatoes
- 2 carrots
- 2 courgettes
- 2 limes
- 2 avocados
- 3 spring onions
- 1-2 tbs soy sauce
- 1-2 tbs toasted sesame seeds
- Powdered sushi powder (optional)
- **These vegetables are totally flexible, you can swap for whatever is in your fridge.... E.g. cauliflower, pickles, edamame, mange tout,**

METHOD

1. Put your fish into the freezer. Leaving it there for a few minutes makes it easier to cut.
2. Put the rice onto cook (if using – I only have courgetti in mine)
3. Spiralize your courgettes and carrots if you have a spiraliser otherwise chop as below
4. Prep your veg by cutting them into smallish pieces
5. When rice is cooked- add powdered sushi mix – (this isn't necessary if you don't have it... and it does contain sugar)
6. Cube your fish and put into a bowl
7. Salt the fish with a big pinch of salt
8. Pour over 1-2 tbs soy
9. Place the rice in a small bowl and tip into the middle- then arrange 'blocks' of the veg and fish around it.
10. Squeeze over lime juice and sprinkle with sesame seeds



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com