

## [SERIOUSLY] GOOD™ SALMON POKE BOWL



Serves 2



Prep Time 15 minutes



Easy As



### INGREDIENTS

- 200g piece fresh salmon, skin removed\*
- 1 cup cooked rice\*\*
- ½ red capsicum, deseeded and sliced
- 1 cup frozen **Wattie's Supersweet Corn Kernels**, cooked and cooled
- 1 cup **Wattie's frozen Edamame Beans**, cooked and cooled
- ½ avocado, sliced

### METHOD

1. Remove the skin from the salmon fillet if necessary and cut into cubes.
2. Place the rice, red capsicum, **Wattie's Supersweet Corn Kernels**, **Wattie's frozen Edamame Beans**, avocado and cucumber into individual bowls. Top with the fresh salmon. Spoon over **HEINZ [SERIOUSLY] GOOD™ Sweet Chilli**

- ½ small Lebanese cucumber, peeled into ribbons
- ¼ cup **HEINZ [SERIOUSLY] GOOD™ Sweet Chilli Mayonnaise**
- Seaweed, to garnish (optional)
- Black sesame seeds, to garnish (optional)
- Lime wedges to garnish

**Mayonnaise.** Garnish with seaweed or black sesame seeds and a lime wedge if wished.

## TIPS

- \*If you can't buy salmon with the skin removed, with a sharp knife gently remove the skin. Remove any pin bones in the salmon with tweezers.
- Microwave rice is easy but if cooking ½ cup raw rice will make 1 cup of cooked.

## SWAP IT OUT

- \*\*We used the Sun Rice Supergrains Tri-Blend microwaveable rice which is a mix of Brown and red rice and Quinoa – 2 pottles will serve 2.
- Alternatively use brown rice
- Seaweed for garnish – we used the Nishin Seasoned Seaweed salad, available in the fish bar at most local supermarkets, but Nori sheets sliced into thin strips will also work. Alternatively use black sesame seeds