



SALMON & NASHI PEAR POKE BOWL

For 4 small servings or 2 large servings:

2 tablespoon tamari (or soy sauce)
2 tablespoon rice wine vinegar
2 tablespoons mirin
½ lime juice
1 teaspoon sesame oil
350g salmon fillet (no skin or bones, cut 1-2cm cubes)
Brown rice, cooked, 2 cups (or 2 x 250g cooked brown rice)
1 nashi pear (or pear in season), cut into thin slices
3 celery stalks, thinly sliced on an angle
½ cup pecans or walnuts, toasted
2 spring onions, thinly sliced
Mesculin salad leaves, 1 cup per person (or more)
Nori sheet, shredded
Toasted sesame seeds (or don't have to toast)
Chilli flakes

In a bowl combine tamari, rice wine vinegar, mirin, lime juice, sesame oil and chilli in a bowl – add the salmon – gently stir to mix through – set aside to marinate.

If using packet brown rice – heat according to instructions – set aside to cool.

In a bowl place nashi pear, celery stalks, pecans/walnuts and spring onion and combine with extra mirin or rice wine and toss to mix through.

In serving bowls place mesculin salad leaves on bottom and place some high on one side – divide the rice among the serving bowls, and top with salmon mixture, nashi pear mixture – drizzle over over the salmon marinade – scatter shredded nori on the top, sprinkle the sesame seeds and sprinkle of chilli.

Tips:

- * You can cook the salmon pieces and serve warm (this is my preference)
- * Replace rice with cauliflower rice, quinoa, zoodles, or amaranth.

Enjoy!!!