

## Salmon tataki poke bowl

- 1½ cup patna rice
- ¼ cup sesame seeds
- 650 g salmon, skin removed and cut into 5 portions
- 1 piece of ginger, peeled and grated
- 2 hearts of romaine lettuce, minced
- 2 carrots, peeled and minced with a peeler
- 1 bag of beet julienne
- 1 bag of edamame beans



- 1.** In a medium saucepan, bring 3 cups of water to a boil. Add rice, cover, reduce to low heat and cook for 17 min or until water is absorbed. Drizzle with oil and season with salt and pepper.
- 2.** Place sesame seeds on a plate. Roll the salmon in the sesame seeds then season with salt and pepper.
- 3.** In a large skillet, heat 1 tbsp. of oil over medium-high heat. Cook salmon for 2 min per side (the inside should remain translucent or cook more to taste). Cut into thin slices.
- 4.** For the sauce, in a small bowl, combine mayonnaise, 2 tbsp. of oil, soy sauce and ginger. Add salt and pepper. Add your favorite spicy sauce if you like spicy food.
- 5.** In plates, divide rice, lettuce, carrots, beets, edamame and salmon. Drizzle with sauce and enjoy!



- 4 tbsp. of évoilà5 extra virgin olive oil
- 1/3 cup of mayonnaise
- 1 tbsp. of soy sauce