

# \* R E C I P E \*



High Tide Fisheries

## Wild Salmon Poke Bowl

2-4

S E R V I N G S

35 minutes

T O T A L T I M E

## \* I N G R E D I E N T S

1lb previously frozen  
High Tide Fisheries' salmon

1/4 cup soy sauce

3 Tbsp freshly  
squeezed lime juice

1 Tbsp sesame oil

1 Tbsp rice vinegar

2 ripe avoados, sliced

2 Persian cucumbers,  
thinly sliced

1/4 cup chopped cilantro

1 Tsp sriracha

3 Tbsp thinly sliced  
green onion

2 cloves minced garlic

2 Tsp toasted sesame  
seeds

1Tsp finely grated  
fresh ginger-optional

2 cups steamed white  
or brown rice

Spicy mayo-to taste

## INSTRUCTIONS

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Start by removing the skin and pin bones from the salmon fillet. Next cube up the fillet into 3/4in cubes. Start cooking rice on stovetop.

Combine salmon cubes, sesame oil, rice vinegar, sriracha, green onions, lime juice, soy sauce, sesame seeds and minced garlic in a medium-sized bowl. Be sure to thoroughly coat the salmon. Set in fridge to chill for 15-30 minutes. While rice is cooking, begin slicing cucumber, ginger, cilantro and avocados. To assemble the poke bowl, place rice on bottom, followed by the salmon and add cucumber, avocado, cilantro, ginger and sprinkle sesame seeds on top. For additional flavor, drizzle spicy mayo over everything. Thoroughly mix bowl and Enjoy!

