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Poke Bowl Recipe

Ingredients Preparation (whole recipe makes 4 servings)

- ◆ **Red pepper: 1**
- ◆ **Beans without pod: 250g**
- ◆ **Salmon fillet: 300g**
- ◆ **Avocado: 1**
- ◆ **Yinghok Poke Sauce: 250ml**
- ◆ **Rice: 600g**
- ◆ **Toasted sesame seeds: 1 tbsp**

Instructions

1. Marinate the ingredients

Put diced red bell peppers, edamame, diced salmon, and diced avocado into a large bowl. Pour in 250ml of Poke sauce, stir thoroughly to combine, and let the ingredients soak in the sauce to absorb the flavor.

2. Assemble the bowl base

Take 4 serving bowls and line the bottom of each with an appropriate amount of cooled sushi rice.

3. Arrange the ingredients

Arrange the marinated red bell peppers, edamame, salmon, and avocado in sequence on top of the rice in each bowl.

4. Season and garnish

According to personal taste, drizzle a little more Poke sauce into each bowl. Finally, sprinkle 1 tablespoon of sesame seeds (divided evenly among the 4 bowls) on the surface. It's ready to serve!

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