

# Poke bowl with asparagus & salmon ceviche

Total time **45 mins** 10 mins preparation time 5 mins cooking time 30 mins marinating time

Nutritional facts (per portion):  
**2,400 kJ / 585 kcal**

Fat: **28 g** Protein: **32 g**  
Carbohydrates: **47 g**

## INGREDIENTS

2 portion(s)

<b>300 g</b>	fresh sushi-grade salmon
<b>100 ml</b>	lime juice
<b>2 tbsp</b>	<a href="#">Kikkoman Sauce for Poke Bowl</a>
<b>1 tsp</b>	<a href="#">Kikkoman Toasted Sesame Oil</a>
<b>300 g</b>	green asparagus
<b>1 tbsp</b>	butter
<b>1 tsp</b>	olive oil
<b>1 tsp</b>	lemon juice
<b>1 tsp</b>	<a href="#">Kikkoman Naturally Brewed Soy Sauce</a>
<b>150 g</b>	cooked sushi or jasmine rice
<b>2 tbsp</b>	<a href="#">Kikkoman Seasoning for Sushi Rice (125ml)</a>
<b>0.5</b>	mango
<b>0.5</b>	avocado
<b>1 tbsp</b>	black sesame seeds
<b>2 tbsp</b>	chopped coriander

## PREPARATION

### Step 1

**300 g** fresh sushi-grade salmon - **100 ml** lime juice - **2 tbsp** [Kikkoman Sauce for Poke Bowl](#) **1 tsp** [Kikkoman Toasted Sesame Oil](#)

Cut the salmon into small cubes. In a bowl, mix the lime juice with the Kikkoman Poke Sauce and Kikkoman Sesame Oil. Pour the marinade over the salmon and mix well. Refrigerate for 30 minutes.

### Step 2

**300 g** green asparagus - **1 tbsp** butter - **1 tsp** olive oil - **1 tsp** lemon juice - **1 tsp** [Kikkoman Naturally Brewed Soy Sauce](#)

Wash the asparagus, snap off the woody ends and cut into 3–4 cm pieces. Heat the butter and olive oil in a pan, add the asparagus and sauté for 2–3 minutes, stirring frequently. Add the lemon juice and Kikkoman Soy Sauce, mix and cook for 1 more minute. Set aside.

### Step 3

**150 g** cooked sushi or jasmine rice - **2 tbsp** [Kikkoman Seasoning for Sushi Rice \(125ml\)](#) - **0.5** mango - **0.5** avocado - **1 tbsp** black sesame seeds - **2 tbsp** chopped coriander

Mix the rice with the Kikkoman Seasoning for Sushi Rice. Divide the rice between bowls, add the salmon ceviche from Step 1 and the asparagus from Step 2, then top with the diced mango and avocado. Drizzle with the remaining salmon marinade and sprinkle with the black sesame seeds and coriander.