

make
your
OWN...

This dish created by:



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Smoked Mackerel Poke Bowl

Ingredients

- 100g bulgur wheat
- 50g quinoa
- 4 peppered smoked mackerel fillets
- 1 bunch watercress
- 1 bunch of spinach
- 1 bunch rocket
- 4 spring onions
- 100g pickled red cabbage from a jar
- ½ cucumber
- 1 carrot
- 1 thumb of ginger
- 2 cloves of garlic
- 75g edamame beans
- 2 tbsp teriyaki sauce
- 1 tbsp rice wine vinegar
- 1 tsp black sesame seeds
- 1 tsp white sesame seeds
- 2 tsp sunflower seeds
- 1 tsp Cajun spice
- 1 ripe avocado

Serves: 4

Method

Cook the bulgur wheat and quinoa according to the packet instructions, then refresh in cold water.

Cut the cucumber, carrots and spring onions into thin strips.

Slice the avocado, grate the ginger and garlic and mix with the teriyaki and rice wine vinegar to make your dressing.

Add 1 tbsp of the dressing to your cooked bulgur wheat and quinoa mix.

Combine the seeds with Cajun spice.

Assemble each element of your salad into a serving bowl.

Top with the mackerel and seeds mix, then dress with the remaining sauce.

Tuck in and feel healthy!