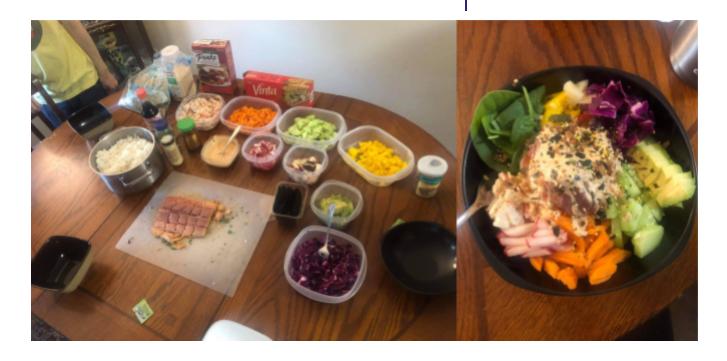
Erick's

Easy Poke Bowl (source)

Servings: 6

Prep time: 30 minutes

Cook time: 45 minutes



Got real into poke bowls (shoutout Epic Poke) so we started to make our own.

Ingredients

Fish or other protein 1 onion, finely chopped

Scallions

Soy sauce

Sesame Oil

Sriracha sauce or similar

Sesame Seeds

Rice or other starch

Spinach

Cabbage (pickled in vinegar)

Radish

Carrots

Apples

Pineapples

Mangos

Avocados

Other ingredients to taste

Directions

- 1. Make sushi rice or noodles if you're feeling fancy.
- 2. Add your sushi, I went to Ranch 99 to get sashimi grade tuna and salmon. If you don't trust it I made a nice teriyaki salmon or you can do chicken, or even tofu
- 3. Pick your vegetables: we went with spinach, cabbage (which we pickled in vinegar for 10 or so minutes), radish, and carrots
- 4. Pick your Fruits: Can be anything. We had apples, pineapples, mangos, and avocados
- 5. Make a sauce: Typically a simple soy sauce works but I like teriyaki and a spicy mayo (sriracha and mayo)