

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)