



# Salmon Teriyaki Poké Bowl, Sautéed Mushrooms, Pickled Cucumber & Spicy Avo

The warm salmon together with our teriyaki marinade, sits so well alongside with spicy avocado and cucumber, making it healthy and perfect for a light lunch or dinner

Serves: 2

Preparation Time: 1 hour

## Ingredients:

### For the salmon

1 salmon fillet  
2 tbsp Jars of Goodness Teriyaki Sauce  
1 tbsp black and white sesame seeds  
1 tbsp spring onions

### For the sautéed mushrooms

1 cup mushrooms, sliced  
1 tbsp black and white sesame seeds  
1/2 cup spring onions  
1 tbsp garlic  
1 tsp salt  
1 tsp pepper  
1 tsp chilli flakes  
1 tbsp sesame oil

### For the pickled cucumber

1/4 cucumber sliced and cut in half  
1 tsp sugar  
1 tsp salt  
1 tsp chilli powder  
1 tbsp vinegar

### For the spicy avo

1/2 avocado, cubed  
1 tbsp black and white sesame seeds  
1/2 cup spring onions  
1 tsp salt  
1 tsp pepper  
1 tbsp chilli flakes  
dash of lime juice

### Additional Ingredients

1 cup steamed rice

## Method

### For the salmon

Preheat oven to broil and set the rack 8 inches from the top. Place salmon skin-side down on a foil-lined jellyroll pan. Pour teriyaki sauce into a separate small bowl to use for glazing the salmon. Brush salmon with Jars of Goodness teriyaki sauce and cook for two minutes under the broiler. Pull salmon out of the oven and brush more teriyaki sauce on top. Return to the oven and cook for 1-3 minutes more, to your desired doneness. Better to undercook it slightly as it will continue to cook a bit even after it's out of the oven. Remove from oven, garnish with sesame seeds and spring onions.

### For the sautéed mushrooms

Heat oil in a wok, add the garlic and cook until it browns, add the mushrooms, salt, pepper, chilli flakes, spring onions and black and white sesame seeds

### For the pickled cucumber

Add the cucumber to a bowl, toss in ingredients and refrigerate for 30 mins

### For the spicy avo

toss the avo in all the ingredients and chill for 30 minutes

### Assemble rice bowls

Put rice in the bottom of a bowl. Lay salmon on top, then the pickled cucumbers, the sautéed mushrooms and spicy avo. Sprinkle with spring onions and more sesame seeds. Drizzle with more teriyaki sauce.