

OAK ROASTED SALMON POKE BOWL

Serves 2

Ingredients

200g [Oak Roasted Salmon](#)
100g [Jones Fermented Smokey Cucumber Kraut](#)
150g Brown Rice
[Fino Olive Oil](#)
6 Spring Onions
1 tbsp Miso Paste
1 - 2 Beetroot
1 Avocado
1 tin of Sweetcorn
6 Cherry Tomatoes
2 Eggs
[Halen Môn Sea Salt](#)
Basil leaves, to garnish



Pre-heat the oven to 180°C.

Drizzle the beets with [Fino Olive Oil](#) and a sprinkle of [Halen Môn Sea Salt](#). Wrap in tinfoil and place in the oven for about an hour. Once cooked, peel, allow to cool and then grate the beets. This can be rather messy so my advice would be to wear an apron!

Cook the brown rice, drain and add the miso paste.

Trim the ends of the spring onions and fry whole with a little [Fino Olive Oil](#).

Peel and slice the avocado, cut cherry tomatoes in half and drain the sweetcorn.

Split the miso rice equally between two bowls... then have some fun with your colours!

Arrange the rest of the ingredients beautifully, including the [Jones Fermented Smokey Cucumber Kraut](#), around the bowl and place the [Oak Roasted Salmon](#) on top.

Finally, garnish with the basil leaves.



This bowl is packed full of flavour and is extremely versatile, you can swap in and out any of the ingredients – really anything goes!

For a Middle Eastern twist on this recipe, substitute the Miso Paste for our [Red Chilli Harissa!](#)