

Poke Bowl Asian style



Ingredients

2 kg Ardo Basmati rice
500 g Ardo Mango
300g Ardo Edamame soya beans
30 g Thai-style Ardo herb mix
1 kg scampi
3 small little gem heads of lettuce
2 limes
2 cucumbers
100 g pickled red onion
Sushi vinegar
Black Sesame
Chilli or soy sauce
Olive oil
Salt

Preparation

1. Steam the Basmati rice and season with the sushi vinegar. Allow the rice to cool.
2. Defrost the mango.
3. Steam the Edamame soya beans briefly and leave to cool.
4. Fry the scampi in some olive oil and season with the Thai-style herb mix and some salt.
5. Cut thin slices from the cucumber and roll them up. Wash the salad.
6. Arrange all the ingredients on the marinated rice, top with a little lime, some black sesame and a sprig of coriander.
7. Serve with chilli and/or soy sauce.

Allergens

Sesame

Soy

