



Recipe name Black rice and hot smoked salmon Nourish bowl

Serves 2

Ingredient	Measurement	Weight
Black rice (RIC029)	g	80
Carrot (peeled, grated)	g	40
Edamame bean (cooked) (VEG030)	g	25
Cucumber (shaved on a mandolin)	g	20
Hot smoked salmon (defrosted, flaked) (SMF016)	g	60
Toasted black sesame (SEE021)	g	5
Toasted white sesame (SEE020)	g	5
Dressing		
Lime juice (JUI001)	Tbsp	2
Rice vinegar	Tbsp	2
Sesame oil (OIL012)	Tbsp	2
Soy sauce (SCE067)	Tbsp	1
Agave syrup (SCE036)	Tbsp	2
White miso paste (PST014)	Tbsp	2

Method

1. Rinsing and soaking the rice before cooking will help to bring the cooking time down. As a general rule, black rice should be cooked with two cups of water to every one cup of rice, and it will need to cook for 20 to 30 minutes after soaking, or up to 60 minutes if you cook un-soaked rice.

2. Make to the dressing by whisking all the ingredients together.
3. Mix together the rice and dressing leaving some dressing to pour over the salad.
4. In sections put the carrot, edamame, dressed rice, cucumber and then put the flaked hot smoked salmon over the top and sprinkle with sesame seeds and pour the additional dressing over the salmon.