

Black Rice & Hot Smoked Salmon Nourish Bowl

YOU WILL NEED

- 80g black rice (RICO29)
- 40g carrot - peeled
- 25g edamame bean - cooked (VEGO30)
- 20g cucumber - shaved on a mandolin
- 60g hot smoked salmon - defrosted & flaked (SMFO16)
- 5g toasted black sesame (SEEO21)
- 5g toasted white sesame (SEEO20)

Dressing:

- 2 tbsp lime juice (JU1001)
- 2 tbsp rice vinegar
- 2 tbsp sesame oil (OIL012)
- 1 tbsp soy sauce (SCE067)
- 2 tbsp agave syrup (SCE036)
- 2 tbsp white miso paste (PST014)



SERVES 2
APPROX 45 MINS

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PROCEDURE

Rinse and soak the rice before cooking to bring down the cooking time. If soaked, cook for 20-30 mins. If unsoaked cook for 60 mins.

For the dressing, whisk all the ingredients together

Add the dressing to the rice (leaving some left over for a final drizzle) and mix

Add the carrot, edamame, dressed rice and cucumber to the bowl in sections, top with the hot salmon and sprinkle with sesame seeds



TOP TIP

For perfect rice, use a 2:1 water to rice ratio

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