

Health-Full Eating & Nutrition



Cooking with Friends

Cooking with friends can be both a social and healthy fun activity! You all can learn a new recipe together as you embark on a journey through food. Try this easy recipe for your next dinner party!

Hot Smoked Salmon Bowl with Edamame and Rice

INGREDIENTS

- 1½ cups sushi rice (from supermarkets)
- 1 cup frozen edamame beans, thawed and podded
- 2 spring onions, thinly sliced
- 1 tbs rice vinegar
- 1 baby cucumber (or small Lebanese cucumber), sliced
- 1 carrot, thinly sliced into ribbons (we used a julienne peeler)
- ¼ red cabbage, cut into thin wedges
- 1 cup coriander leaves
- 400g hot-smoked salmon, skin removed, flaked

DRESSING

- ¼ cup (40g) peanuts, salted, roasted and chopped
- 1 long red chilli, seeds removed, finely chopped
- 2 tbs grated palm sugar
- 2 tbs fish sauce
- Juice of 1 lime

METHOD

- Cook sushi rice according to packet instructions. Leave for 10 minutes to cool slightly, then place in a bowl with edamame, spring onion and vinegar. Stir gently to combine, then set aside.
- For the dressing, place ingredients in a sealable jar. Shake to combine.
- Divide rice mixture among serving bowls, top with cucumber, carrot, cabbage, coriander and flaked salmon, drizzle with dressing, and sprinkle with sesame seeds.



References:

<https://www.delicious.com.au/recipes/hot-smoked-salmon-bowl-edamame-sushi-rice-slaw/bizy4lne?r=recipes/collections/nf96uebr>