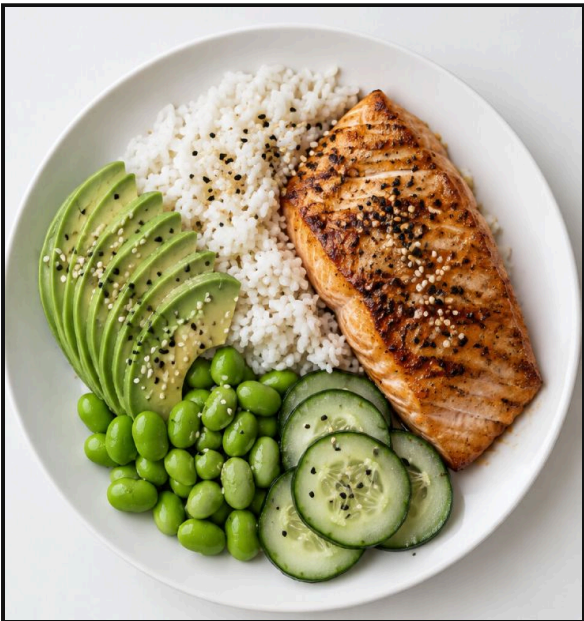


Grilled salmon poke-style rice bowl with avocado and edamame

A seared salmon fillet rests beside fluffy sushi-style white rice dusted with sesame seeds, alongside fanned avocado slices, shelled edamame and cucumber rounds. A clean, colorful bowl with a fresh, balanced look.

Dish recognition 85 % · Nutrition score 88/100

- japanese-inspired
- rice bowl
- high-protein
- pescatarian
- gluten-free



Nutrition

Portion: 505 g

Calories 759

Protein 48.3 g

Carbohydrates 57.4 g

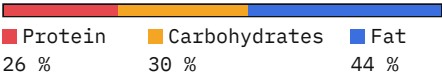
Sugars 3.4 g

Fiber 10.0 g

Fat 37.1 g

of which saturates 6.5 g

Salt 0.49 g



Allergens

- Fish
- Soy
- Sesame

Estimated from the photo. If you have an allergy, always check the real ingredients.

Ingredients

ITEM	G	KCAL	PROTEIN	CARBOHYDRATES	FAT
Salmon fillet, grilled	150	309	33.0	0.0	18.0
Sushi rice, cooked	150	195	3.6	42.0	0.5
Avocado, sliced	70	112	1.4	6.0	10.3
Edamame, shelled, cooked	80	97	9.5	7.1	4.2
Cucumber, sliced	50	8	0.4	1.8	0.1
Sesame seeds	2	11	0.4	0.5	1.0
Cooking oil (assumed)	3	27	0.0	0.0	3.0
Total	505	759	48.3	57.4	37.1

How to make it

1. **Cook the rice:** Rinse 55 g dry sushi rice until the water runs clear, then simmer with 80 ml water covered for 12 minutes and rest 10 minutes off the heat.
2. **Season the rice:** Fold the warm rice gently with a splash of rice vinegar, a pinch of sugar and salt, then keep covered.
3. **Prepare the salmon:** Pat a 150 g salmon fillet dry, season with salt and pepper, and rub lightly with a little oil.
4. **Sear the salmon:** Cook skin-side or presentation side in a hot pan over medium-high heat for 3 to 4 minutes until crisp, then flip and cook 2 to 3 minutes more until opaque inside.
5. **Prepare the edamame:** Boil 80 g shelled edamame in salted water for 3 minutes, then drain and cool.
6. **Slice the vegetables:** Slice half a cucumber into thin rounds and cut 70 g avocado into thin slices.
7. **Assemble the bowl:** Arrange the rice, salmon, avocado, edamame and cucumber on a plate and scatter with toasted sesame seeds.

Leftovers

Cool leftovers within 2 hours and keep refrigerated for no more than 2 to 3 days. Reheat once until steaming hot throughout.

Health notes

This bowl provides high-quality protein and omega-3 fats from salmon, plus fiber from edamame and avocado. Watch the sodium in soy-based sauces and the portion of rice if you are managing carbohydrate intake.

Estimate from a photo. Adjust the grams for better accuracy. Estimates, not medical advice.
<https://getcalorio.com/sample>