

Poké Bowl with Sao Tomé Sardines



4 people

15 min preparation time

10 min cooking time

All ingredients

1 tin of 115g of Sardines with Sao Tomé pepper
150g rice
50g spinach shoots
150g edamame
1 carrot
1/4 red cabbage
2 avocados
About fifteen radishes
1 stalk spring onion (or spring onion)
A few sesame seeds
Soy sauce

Steps

- 1- Cook the rice in boiling water according to pack instructions, then drain
- 2- Meanwhile, cook the edamame for 6 minutes in another saucepan, then drain
- 3- Cut the avocados into thin strips. Grate the carrots and red cabbage. Thinly slice the radishes and chop the spring onion
- 4- In pretty bowls, divide the rice, spinach shoots and all the vegetables, except the spring onion, evenly
- 5- Top sardines with Sao Tomé pepper, then sprinkle with sesame seeds and chopped spring onion
- 6- Serve with soy sauce