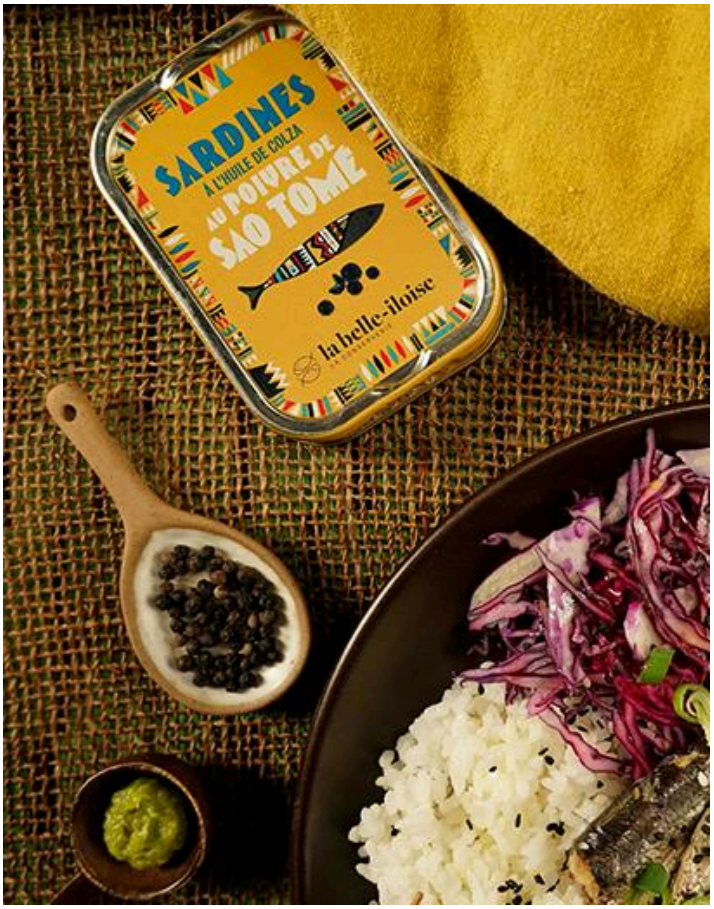
Poké Bowl **with Sao Tomé Sardines**





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