



Thai Bowl

Total: 5 min · Prep: 5 min · 1 servings · Easy · Lunch

Dairy-Free

INGREDIENTS

30 g Flour, rice, brown

1.5 pc Nori sheet

50 g Chuka seaweed or sea cabbage

50 g Cucumber

75 g Avocado

40 g Purple cabbage

100 g Lightly salted salmon

10 g Teriyaki or soy sauce

5 g Sesame or nut sauce

1 g Lime juice and sesame seeds

INSTRUCTIONS

- 1 Cook rice according to instructions and place on the bottom of a deep plate. Add lemon juice to taste.
- 2 Dice the salted salmon and place near the rice.
- 3 Dice avocado and place next to it.
- 4 Slice cucumber into thin rings and add to the plate.
- 5 Finely shred purple cabbage and nori, place them together with chuka seaweed.
- 6 Drizzle everything with sauces, add lime juice and sesame seeds.

Nutrition per serving: 503 kcal · Protein 43.0 g · Fat 20.0 g · Carbs 41.0 g · Fiber 7.7 g