



**BRISTOL BAY**  
SOCKEYE SALMON

# SOCKEYE SALMON POKE BOWLS

**SERVINGS: 2-4**

## *Ingredients:*

### **Salmon Poke:**

1 pound sockeye salmon, skin and pin bones removed, cut into bite-sized cubes

1/4 cup soy sauce

2 tablespoons sesame oil

1 tablespoon rice wine vinegar

2-3 tablespoons lime juice

1/2 teaspoon fresh ginger, finely grated

3 tablespoons scallions, thinly sliced

2 teaspoons toasted sesame seeds

1/4 teaspoon red pepper flakes (optional)

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**Bowls:**

1 cup steamed rice (seasoned sushi rice recommended), cooled

1/4 cup cucumber, sliced into matchsticks

2 tablespoons nori (roasted seaweed) or wakame, finely chopped

1 avocado, chopped

Sriracha sauce

*For any raw or semi-raw preparations, BBRSDA always recommends using properly frozen seafood.*

## *Directions:*

### **To make the Salmon Poke:**

**1** Add the cubed salmon to a medium-sized bowl. In a smaller bowl, mix together the soy sauce, sesame oil, rice wine vinegar, lime juice, ginger, scallions, sesame seeds and red pepper flakes, stirring to combine. Pour the mixture over the salmon and fold gently to evenly coat. Cover and chill poke for 15 minutes.

### **To assemble bowls:**

**2** Scoop a portion of rice into a serving bowl. Top with poke, cucumbers, nori, and avocado. Repeat with remaining ingredients. Serve promptly with Sriracha sauce on the side and more sliced green onions and sesame seeds for garnish, as desired. Optional garnish: sprouts, limes, carrots, and snap peas.

**Find more delicious wild sockeye salmon recipes at [www.bristolbaysockeye.org](http://www.bristolbaysockeye.org).**