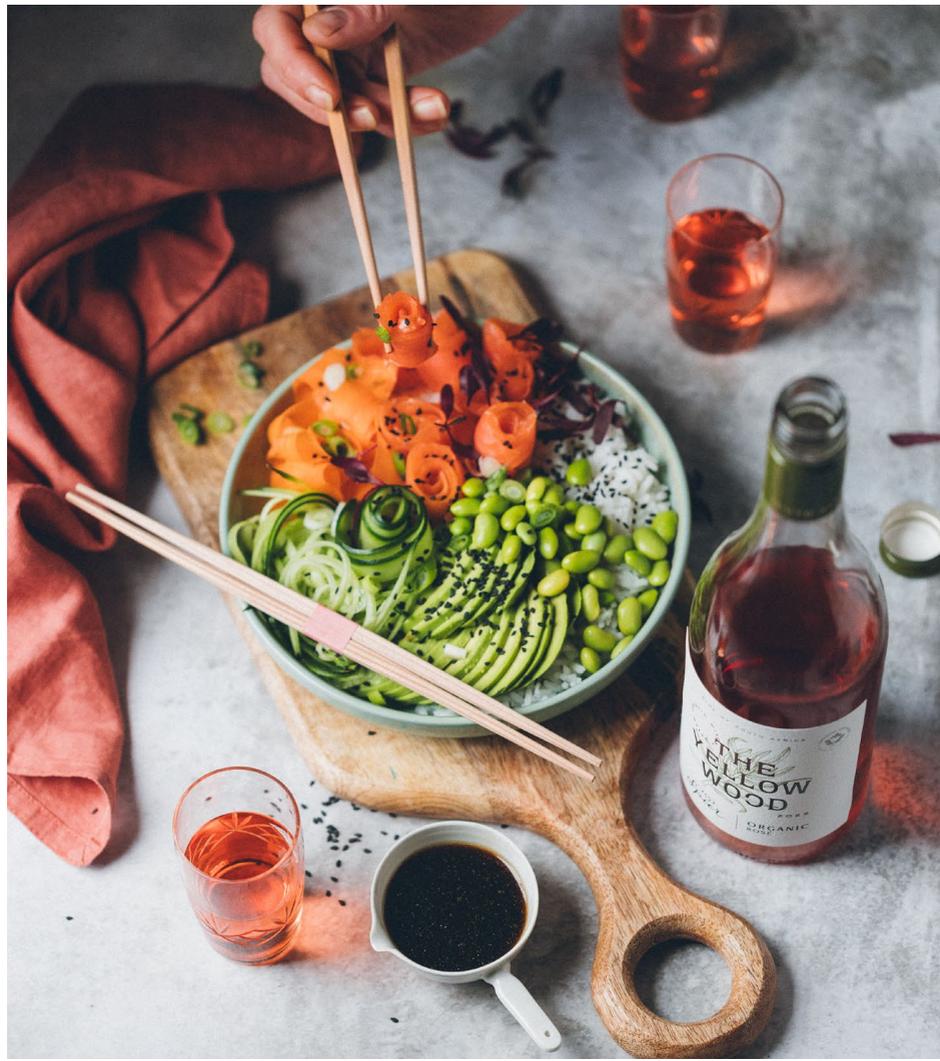


ORGANIC WINE
**THE
YELLOW
WOOD**

Smoked Salmon and Avocado Poke Bowl with Edamame Beans

WITH SPIER THE YELLOWWOOD ROSÉ



SPIER'S GROWING FOR GOOD INITIATIVES EMPOWER OUR COMMUNITIES
TO MAKE POSITIVE SOCIAL AND ENVIRONMENTAL CHANGE.

1692
Spier

Smoked Salmon and Avocado Poke Bowl with Edamame Beans



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INGREDIENTS

- About 2–3 cups jasmine rice, freshly cooked and cooled to room temperature (1 cup uncooked)
- 100–15 g cold-smoked salmon or trout ribbons
- 1 cup shaved cucumber (or finely cut strips)
- 1 cup shaved carrot (or finely cut strips)
- ½ cup edamame beans, shelled
- 1 avocado, sliced
- a few spring onions, finely sliced
- about 1 t black sesame seeds

For the dressing

- 60 ml (¼ cup) soy sauce
- 15–20 ml (3–4 t) honey
- 30 ml (2 T) lemon juice
- 2,5 ml (½ t) sesame oil

METHOD

For the poke

Arrange the rice in two bowls as a base, then top with rolled-up fish ribbons, cucumber, carrot, beans, sliced avocado and spring onion. Sprinkle with black sesame seeds, then spoon over some of the dressing and serve at once.

For the dressing

Stir all ingredients in a small bowl or jug until the honey is melted.



Spier The Yellowwood wines can be tasted and purchased at the farm in Stellenbosch, and are widely available in stores and online at shop.spier.co.za

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