

Hawaiian-Style Salmon Poke

Ingredients:

 1 tablespoon finely diced yellow onion

 2 tablespoons soy sauce or coconut aminos

 1 tablespoon finely chopped green onions

 1 tablespoon granulated sugar or Agave syrup

 1 teaspoon red chili oil, or more to taste

 1/2 teaspoon sea salt, preferably Hawaiian

 1 tablespoon furget

 2 ounces of goma wakame seaweed salad, optional

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 2 ounces ikura (salmon roe), optional

 1 pound fresh sushi-grade salmon, cut into 1/2-inch cubes

Garnish: Lightly toasted sesame seeds Green onion

Directions:

Combine all ingredients. Divide into servings and garnish with sesame seeds, onion and Ikura. Serves one or two.

"Life is an forenture, Drink Wine!"

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