

Keto Poke Bowl with Lettuce, Salmon, Avocado, and More

Servings: 2

Per serving: Total Carbs 19g Net carbs 3.5g Fats 30g Protein 33g Calories: 477kcal

Ingredients:

240g of fresh salmon, skinless and boneless, cut into bite-sized cubes per person

2 tablespoons tamari soy sauce (or coconut aminos for a soy-free option)

1 teaspoon sesame oil

1 tablespoon sesame seeds

1/2 teaspoon wasabi (optional, adjust to taste)

2 tablespoons tobiko (fish roe, optional)

1 large nori sheet, finely cut into strips

1 small head of iceberg lettuce, washed and chopped

1/2 ripe avocado, pitted and sliced into cubes

2 spring onions, thinly sliced

1/3 red capsicum (bell pepper), thinly sliced

1/3 yellow capsicum (bell pepper), thinly sliced

1 small cucumber, thinly sliced

1 cup baby spinach leaves

2 tablespoons Japanese mayonnaise (optional)

Instructions:

In a medium-sized bowl, combine the tamari soy sauce, sesame oil, and wasabi. Whisk well to create the marinade.

Wash and separate the lettuce leaves, chop and set them aside. Chop the baby spinach and slice the avocado, spring onions, red and yellow capsicum, and cucumber. Set aside the sliced vegetables.

Add the salmon cubes to the marinade, gently tossing them until they are well-coated. Allow the salmon to marinate for about 3 minutes, or longer if desired.

While the salmon is marinating, assemble the poke bowl by placing the chopped lettuce leaves in the bottom of a serving bowl. Arrange the avocado slices, spring onions, capsicum, cucumber slices, and baby spinach leaves on top of the lettuce.

Add the chopped, marinated salmon cubes and pour the rest of the marinade over the sliced vegetables. Garnish with nori strips, tobiko, a dollop of Japanese mayonnaise and a sprinkle of sesame seeds.

Serve the keto poke bowl immediately and enjoy!

Note: You can customize this recipe by adding other keto-friendly ingredients such as radishes, shredded cabbage, or even cauliflower rice as a base. Feel free to adjust the seasonings and toppings according to your taste preferences.

