

Poké Bowl Recipe



Ingredients:

- Rösti Classic 250g
- 200g yellowfin tuna (sashimi quality)
- 40g Coriander
- 1 Mango
- 1 Chilli pod
- 1 TBS roasted sesame seeds
- 4 TBS Soy sauce
- 0,5 lemon
- 2 TBS liquid honey
- 1 Spring onion
- Sesame oil
- herbs or edible flowers for decoration

30 Min
preparation
time

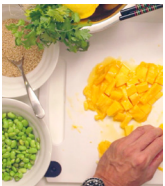
Easy
preparation

for
2 people

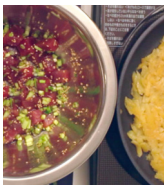


Preparation:

1.
Cook the Rösti according to instructions, meanwhile cut the tuna in cubes and set aside. Chop the coriander roughly. Cut the mango in cubes, mix it with the chopped coriander and set aside as well.



2.
For the marinade chop the chili finely and empty the seeds. Grate in half of the lemon skin and juice. Mix together in a bowl with honey, roasted sesame seeds and soy sauce. Then add the Tuna



3.
Chop the spring onion roughly mainly the green part and add to the bowl. Loosen up the Rösti in the pan and add some sesame oil to crisp it. put the Rösti into a bowl.



4.
On top of the bowl distribute the tuna mixture on one side of the bowl and the mango mixture on the other side. Decorate with herbs or edible flowers.