

MANGO POKE BOWL

Yield: 6 Portions

Ingredients	Amounts
Unripe (green) mango,* peeled, large diced	4 ea.
Nori seaweed, sheets, julienned	1 ea.
Soy sauce	2 Tbsp.
Lime juice	2 Tbsp.
Sesame oil	½ tsp.
Green onions, thinly sliced on bias	1 ea.
Garlic clove, thinly sliced on mandolin	1 ea.
Ginger, minced	1 tsp.
Cashew nuts, toasted, chopped	¼ cup
Edamame beans, cooked	½ cup
Black sesame seeds	½ tsp.
Rice, cooked	2 cups
Green onion, thinly sliced	1 stem

*Recommended mango ripeness stage 2 to 3

Method

1. Combine with the all the poke ingredients in a bowl and let stand refrigerated for 30 minutes to develop flavor.
2. To plate the poke, place 1 cup on top of white rice.
3. Top the poke with remaining sliced green onions.