

POKÉ BOWL WITH SHRIMP

2 persons / 510 kcal per portion

Ingredients:

- 150 grams pandan rice
- 1 cucumber
- 2 tablespoons of vinegar
- 4 grams sugar
- 150 grams julienne carrot
- 100 grams mango pieces
- 200 grams stir-fry prawn garlic
- 2 tablespoons ketjap sauce
- ½ lime
- 2 tablespoons soy sauce
- pepper and salt



Preparation:

Cut the cucumber into thin slices. Marinate the cucumber with the vinegar, sugar and some fresh black pepper. Cook the rice in water with a pinch of salt for about 10 minutes. Drain the rice and mix with the lime juice. Leave the rice for about 10 minutes with the lid on the pan. Meanwhile, stir-fry the shrimp in ketjap sauce for about 3 minutes. Cut the mango into small pieces. Make the poké bowl. Put the rice in a bowl and add the cucumber slices, mango, carrot and shrimp. Serve with soy sauce as a dip. Serve the remaining carrot and cucumber in bowls.

Nutritional value per portion:

Energy:	510 kcal
Protein:	27.9 grams
Carbohydrates:	81.9 grams
- including sugars:	19.8 grams
Fat:	6,5 grams
Fiber:	5.9 grams
Salt:	3.9 grams