

RECIPE

Prawn Ceviche Poke Bowl

Ingredients

- 1 roasted red capsicum
- 1 cup of steamed rice
- Cucumber sliced into batons
- 1 tbsp of sesame seeds
- 1/2 cup of minced mushroom
- 2 tbsp soy sauce
- 2 tbsp sesame oil
- 1 pineapple diced
- 1 red onion
- 6 green prawns peeled and deveined
- Seaweed nori sheets, torn
- 1 jalapeno



Method

1. Start by roasting the red capsicum at 180°C for about 20 minutes until the skin blisters. Once roasted, place it in a plastic bag and let it steam for a few minutes to make peeling easier. Peel off the skin, remove the seeds, and slice it into strips.
2. Dice the pineapple, prawns, jalapeño and finely chop the onion and combine in a bowl. Add a drizzle of sesame oil and soy sauce, stirring to coat everything evenly.
3. Let this mixture sit for a while, allowing the pineapple's enzymes to gently tenderise and flavour the prawns.
4. In another bowl, mix the minced mushrooms with a splash of soy sauce and let them marinate to develop a rich, umami flavour.
5. To assemble the bowl, start with a base of steamed rice. Arrange the marinated prawns, roasted capsicum, cucumber batons, and marinated mushrooms on top. Tear up some seaweed and scatter it over the bowl, followed by a sprinkle of sesame seeds.
6. Finish by pouring some of the marinade over the dish for extra flavour. Enjoy this fresh and vibrant poké bowl, inspired by the tastes of Hawaii.