

BIG BANANA® Plantain Chips with Salmon Poke Bowl



Servings: 4



Total Time: 45 minutes



Level: Beginner

INGREDIENTS

- Big Banana® Plantain Chips
- Salmon Poke
- White rice
- Spiraled Cucumbers
- Spiraled Carrots
- Pineapple Salsa
- Pickled Ginger

For the Plantain Chips

- 1 lb. BIG BANANA® Plantain Chips
 - Salt to taste
1. Heat oil in deep fryer to 350° F .
 2. Place the chips in the basket, do not overfill. Do it in 2 batches if necessary.
 3. Fry the plantain chips until golden brown, 3 to 4 minutes.
 4. Drain in a large bowl lined with paper towels, and salt to taste while still warm.

For the Sockeye Salmon Poke

- 1 lb. sockeye salmon, cut into $\frac{3}{4}$ inch cubes
 - $\frac{1}{4}$ cup soy sauce
 - 1 tsp. rice wine vinegar
 - 1 tsp. sriracha
 - 1 tsp. sesame oil
 - $\frac{1}{4}$ tsp. sesame seeds
1. In a medium-sized bowl combine diced salmon, soy sauce, vinegar, sriracha, sesame oil and sesame seeds. Cover and refrigerate.

For the Sushi Rice

- 1 cup sushi rice
 - 1 cup water, plus more for rinsing
 - 3 tablespoons rice vinegar
 - 1 $\frac{1}{2}$ teaspoons sugar
 - $\frac{1}{2}$ teaspoon salt
1. Add the rice to a fine mesh strainer and submerge in a bowl filled with water. Shake the rice a few times to remove excess starch.
 2. Transfer the rice to a medium pot and add 1 cup (240 ml) of water. Cover the pot and bring to a boil over medium-high heat. Once boiling, reduce the heat

to medium-low and simmer for 10 minutes. Remove the pan from the heat and let stand for 15 minutes.

3. Remove the lid and fluff the rice with a fork or rice paddle. Transfer the rice to a large bowl.
4. Mix together the rice vinegar, sugar, and salt and pour over the rice while still hot. Gently fold the rice to incorporate. Cover and set aside until ready to assemble the bowl.

For the Spiraled Cucumber

- 1 european (seedless) cucumber, spiralized
- ½ cup rice wine vinegar
- ½ cup water
- ⅓ cup honey
- 1 tsp. salt

1. Whisk the rice wine vinegar, water, honey and salt in a medium bowl.
2. Add prepared cucumbers; toss to coat

For the Spiraled Carrots

- 2 large carrots, peeled
- ¼ cup rice vinegar
- 2 tbsp. sugar
- 1 tbsp. sesame oil
- ½ tsp salt

1. Place carrots in a small bowl or large mason jar.
2. Whisk all other ingredients together.
3. Pour over carrots. Mix to coat.
4. Soak for at least an hour, up to a week.
5. They get more delicious the longer they sit. Store in refrigerator.

For the Pineapple Salsa

- 1½ cup pineapple, diced
- ¼ red onion, diced
- 2 tbsp. red pepper, minced
- 2 tbsp. cilantro, minced
- Juice of 1 lime
- kosher salt
- Freshly ground black pepper

1. In a medium bowl, combine pineapple, onion, red pepper, cilantro, remaining lime juice and season with salt and pepper.

To assemble:

1. Place a few spoonful of rice into a medium bowl.
2. Top the rice with the seasoned salmon, cucumber, carrots, pineapple, pineapple salsa, pickled ginger and plantain chips.