



© Céline de Cérrou pour France Olive

salmon/avocado Poke ball

Ingredients for 4 persons:

1.5 glasses of Puy green lentils
300 g ultra-fresh salmon
3 tablespoons soy sauce
4 tablespoons PDO huile d'olive de la Vallée des Baux-de-Provence
2 tablespoons wine vinegar
1 lime
1 avocado
1 bunch of radishes
1 carrot
1 handful of bean sprouts
Some
A few sprigs of fresh coriander
Fresh ginger
Espelette pepper
Salt, pepper



Cooking 30 mins
Preparation: 20 mins
Rest: 20 mins

Rinse the lentils and cook them according to the instructions on the packet.

Meanwhile, cut the salmon (without the skin) into small cubes.

In a bowl, mix the salmon cubes with the soy sauce, olive oil, vinegar, lime zest and juice. Grate the ginger, too, (according to your taste), pepper lightly, do not salt because of the soy sauce, season with some Espelette pepper.

Let marinate for 20 mins in the fridge.

Meanwhile, rinse the radishes before chopping them finely. Wash, peel and with a coarse grater, grate the carrot. Peel the avocado, remove the core and cut it into thin strips.

Assembling, in a jar

Put a layer of lentils, place on it the pieces of salmon, then the raw vegetables in successive layers.

Add the rest of the salmon marinade, a few sprigs of coriander, some sesame seeds and adjust the seasoning.