

STIR IN OR SPRINKLE ON

FLAVOUR SHAKE

sweet chilli

SALMON POKE BOWL



the source
BULK FOODS

SWEET CHILLI SALMON POKE BOWL

SERVES 2

INGREDIENTS

2 portions fresh salmon fillets
30g Sweet Chilli Flavour Shake
300g Australian organic brown rice
2 tbs organic hulled hemp seeds
150g broccoli florets
80g cherry tomatoes, halved
1 avocado, sliced

DRESSING

2 tbs tamari
1 tbs rice vinegar
1 tsp maple syrup

METHOD

Preheat a non-stick skillet over medium heat. Rub the salmon fillets with Sweet Chilli Flavour Shake.

Pan-fry the salmon for 3 - 4 minutes each side or until cooked to your liking.

Cook the brown rice according to instructions.

Meanwhile, blanch broccoli florets in boiling water for 1 – 2 minutes, then transfer to an ice bath to stop cooking. Drain and set aside.

To make the dressing, in a small ramekin, whisk together the tamari, vinegar and maple syrup until well combine.

Assemble the poke bowls by placing a serving of brown rice in each bowl. Top with the pan-fried salmon, broccoli, cherry tomatoes, sliced avocado and a sprinkling of hemp seeds.

Drizzle with tamari dressing and serve immediately.

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POPCORN CHICKEN



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SWEET CHILLI POPCORN CHICKEN

INGREDIENTS

350g chicken breast, cut into 3cm pieces
2 tbs Australian macadamia oil
125mL milk
1 tbs apple cider vinegar
125g Australian organic plain flour
¼ tsp fine Celtic salt
¼ tsp ground black pepper
2 tbs Sweet Chilli Flavour Shake

METHOD

Preheat air fryer to 200°C.

In a small bowl, mix the milk and vinegar, then set aside.

On a separate tray, combine the flour and salt and pepper.

Coat each piece of chicken in the seasoned flour, dip it into the milk mixture and then return it to the flour, ensuring an even coating. Set aside.

Lightly grease the air fryer basket with macadamia oil. Arrange the coated chicken pieces in a single layer in the basket, ensuring they are not overcrowded.

Air fry the chicken for 10 – 12 minutes or until golden brown and crispy, shaking the basket halfway through cooking for even results.

Once cooked, remove chicken from the air fryer and sprinkle with Sweet Chilli Flavour Shake before serving.

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