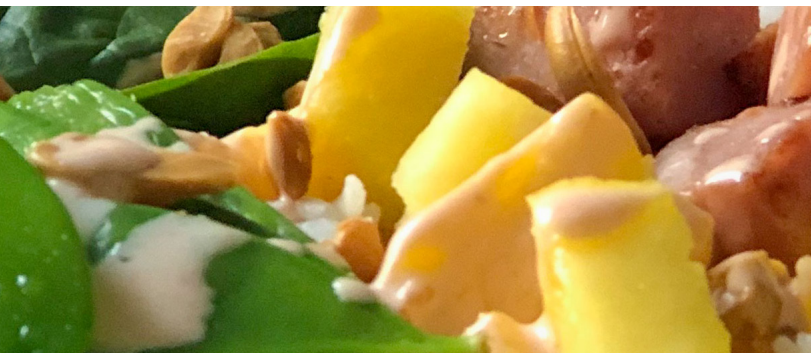


BOB'S RECIPES

HAWAIIAN POKE BOWL WITH MAPLE-GLAZED HAM

by Bob the Chef



INGREDIENTS

- 1 l (4 cups) cooked rice (I like jasmine rice, but use whatever kind you prefer)
- 80 ml (1/3 cup) mayonnaise
- 15 ml (1 tbsp.) maple syrup
- 10-15 ml (2-3 tsp.) sriracha
- Juice from half a lime
- About 20 snow peas
- 500 ml (2 cups) pineapple, diced
- 500 ml (2 cups) maple-glazed ham, cooked and diced
- 1 l (4 cups) baby spinach
- 250 ml (1 cup) cashew nuts, finely chopped
- 1 corn tortilla, cut in wedges and grilled
- Salt and pepper, to taste

INSTRUCTIONS

- 1 Cook rice according to directions on its package, then let cool at room temperature.
- 2 Place the mayonnaise, the maple syrup, the sriracha sauce and the lime juice in a bowl. Mix well and set aside.
- 3 Cook the snow peas in boiling water about 1 minute or until they soften, then rinse under cold water. Set aside.
- 4 Distribute the following equally in 4 bowls: rice, snow peas, diced pineapple, diced maple-glazed ham, baby spinach.
- 5 Garnish with cashew nuts, the spicy mayo and the grilled tortilla wedges.
- 6 Season to taste and serve.

Note: You can create a "gourmet" version by replacing the maple-glazed ham by strips of prosciutto.



PREPARATION TIME: 20 minutes



BAKE TIME: 20 minutes



SERVES: 4



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Boucherie La Supérieure, Cavallaro, Fruiterie 440



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