



Recept geschikt voor: 4 personen | **Moeilijkheid:** 🍳
Vorbereidingstijd: 15 min | **Bereidingstijd:** 5 min | **Totale bereiding:** 20 min

Bertyn producten: [Teriyaki Protein Tops](#)

Bron: bertyn.eu | Chef: [Serge Restiau](#) | © Serge Restiau

Poké Bowl with Teriyaki Protein Tops

Ingrediënten

- [1 pack of Teriyaki Protein Tops](#)
- 5 cm cucumber
- 100 g Soba noodles
- 8 shiitake mushrooms
- 500 g freshly cooked spinach
- 1 red onion

- 1 red bell pepper
- 1 avocado
- 1 carrot
- 4 tbsp roasted sesame oil
- juice of 1 lime
- fresh coriander
- sesame seeds

Bereiding

1. Cut the cucumber, carrot, onion and paprika into fine strips (julienne).
2. In the meantime, cook the noodles as described on the package, let them cool in cold water and drain in a colander.
3. Briefly fry the halved shiitake mushrooms in a hot pan.
4. Prepare the Teriyaki Protein Tops as described on the package and mix them with the noodles.
5. Place the lukewarm Teriyaki top/noodle mixture in the middle of the bowl and arrange the thinly sliced vegetables and spinach around the noodles.
6. The thick slices of avocado will add a nice touch to it. Remember to sprinkle a bit of lime juice on the avocado to better preserve its green colour.
7. Garnish with the roasted sesame oil, fresh coriander, the rest of the lime juice and sesame seeds.