

LAKE GENEVA POKE BOWL

Ingredients (For 4 people)

- For the quinoa:
 - 300 g tricolour quinoa
 - 2 tbsp Buddha's hand oil
 - Zest of ½ organic lemon
 - ½ bunch coriander, finely chopped
 - Salt and pepper
- For the fera marinade:
 - 500 g cubed fera fillet (skin and bones removed)
 - 10 cl soya sauce
 - 2 tbsp sesame seed oil
 - Juice of 1 lemon
 - 10 g chopped ginger
 - 1 scallion
- For the side dish:
 - 2 diced avocados
 - 200 g cooked edamame beans
 - 200 g seeded watermelon pieces
 - 40 g black sesame seeds
 - 20 g Jardins d'Oron beetroot sprouts
 - 1 sheet of dry nori

Preparation:

Thoroughly combine the fish cubes with all the ingredients of the marinade. Chill to reserve for one hour to marinate.

Rinse the quinoa in cold water. Boil it in twice its volume of water for 10 minutes until the white germ detaches from the grain. Remove from the heat and allow to fluff for 5 minutes.

Allow the quinoa to cool to room temperature. Add the Buddha's hand oil, lemon zest and coriander. Season.

Arrange the quinoa in four bowls. Sprinkle with the fera marinade. Garnish with all the remaining ingredients. Serve immediately.

