

Dressings

Lemon and ginger dressing serves 2

Ingredients

- 2 tbsp vegetable oil
- 2 tbsp vinegar
- 1 tbsp lemon juice
- 1 tsp grated ginger
- Pinch salt (or 1 tsp soy sauce)

Method

1. Measure all ingredients into a bowl or jar with a tight-fitting lid.
2. Mix in bowl or shake jar with lid on until emulsified.
3. Check and adjust seasoning if required.
4. Drizzle dressing over poke bowl.



Sweet chilli dressing serves 2






Ingredients

- 2 tbsp sweet chilli sauce
- 2 tbsp lemon or lime juice
- 1 tsp fish sauce
- 1 tsp sesame oil

Method

1. Measure all ingredients into a bowl or jar with a tight-fitting lid.
2. Mix in bowl or shake jar with lid on until emulsified.
3. Check and adjust seasoning if required.
4. Drizzle dressing over poke bowl.

Equipment

-  Bowl
-  Measuring spoons
-  Grater
-  Cutting board and knife
-  Jar

Miso-mayonnaise serves 2

Ingredients

- 2 tbsp mayonnaise
- 2 tbsp plain unsweetened natural yoghurt
- 1 tbsp white miso
- 1 tbsp lemon juice or vinegar

Method

1. Measure all ingredients into a bowl.
2. Mix until smooth.
3. Check and adjust seasoning if required.
4. Drizzle dressing over poke bowl.