

Keto & Paleo Salmon Poke Bowl

Hands-on 20 minutes Overall 25 minutes

Nutritional values (per serving): Total carbs: 17.3 g, Fiber: 8.8 g, **Net carbs: 8.5 g**,

Protein: 30.3 g, Fat: 42.4 g, Calories: 558 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

Salmon:

1/2 lb sushi grade salmon, skinless and boneless (225 g)

2 tbsp [coconut aminos](#)

1 tbsp [toasted sesame oil](#)

1 tbsp fresh lemon *or* lime juice

1 tsp [Sriracha sauce](#) - *you can [make your own](#)*

1 tsp rice vinegar *or* [coconut vinegar](#)

pinch salt

2 medium green onions, chopped (30 g/ 1.1 oz)

1 tbsp [sesame seeds](#)

Cauli-rice:

2 cups [cauliflower rice](#) (240 g/ 8.5 oz)

1 tbsp [ghee](#) *or* [coconut oil](#)

1 tbsp rice vinegar *or* [coconut vinegar](#)

1/4 tsp salt (I like [pink Himalayan](#))

Optional: 1 tsp [powdered Erythritol](#) *or* [Swerve](#) *or* 2-3 drops [liquid stevia](#)

Toppings:

1 medium avocado, peeled and seed removed (150 g/ 5.3 oz)

1 [nori seaweed sheet](#)

1 tbsp [ghee](#) *or* [coconut oil](#)

salt to taste

Other topping options:

spiralized daikon radish (you can use [this spiralizer](#))

cucumber slices

sliced napa cabbage

[seaweed noodles](#)

[pickled ginger](#)

Instructions

1. **Marinate the salmon.** Mix coconut aminos, toasted sesame oil, lemon juice, vinegar and salt. Cut the salmon into 1/2-1 inch pieces and place in a mixing bowl.
2. Add the marinade, chopped green onions and sesame seeds (or you can add the seeds just before serving if you prefer them crispy).
3. Add sriracha and mix until well combined. Place in the fridge while you **prepare the cauli-rice** ([here's a step-by-step guide](#)).
4. For best results, use a grating blade on your food processor to create rice-like shapes. I used [my Kenwood mixer](#) with a food processor attachment. Place the cauli-rice in a hot pan greased with ghee. Cook over a medium-high heat for 5-7 minutes and stir to prevent burning. In a small bowl, mix the vinegar, salt and Erythritol (if used).
5. When done, take off the heat, place in a bowl and combine with the vinegar mix. Set aside. Cut each of the sheets in quarters and then cut each of the quarters in half.
6. **Crisp up the nori pieces.** Place in a hot pan greased with ghee and crisp up over a medium heat for just 30-60 seconds. Season the seaweed crisps with salt. Halve and slice the avocado.
7. To assemble, divide the cauli-rice equally into two bowls. Add the marinated salmon, crisped up nori and sliced avocado. Enjoy!

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