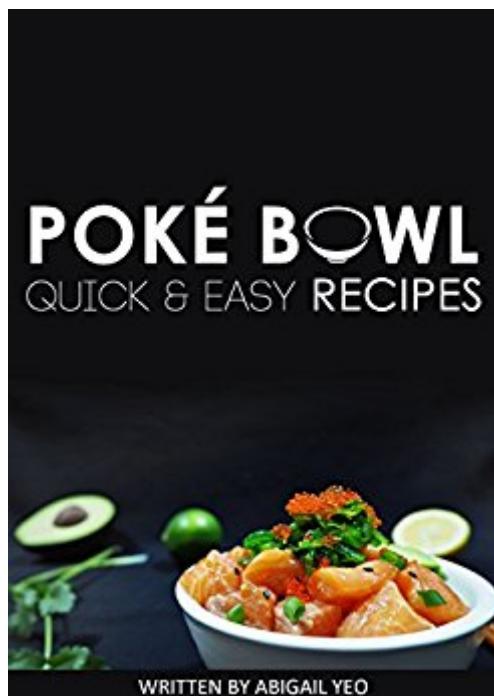


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Poke Bowl | Quick & Easy Recipes



Synopsis

A bowl of rice top with marinated cubed raw fish and garnishes, that's Poke bowl, a new nutritious craze! It is relatively considered as a "fast" food and it's picking up trend lately as it is well suited for today's habit of eating clean. Generally, there's no cooking involved for a poke bowl, only preparation but the key factors are the ingredients which have to be always fresh. In this book, more than 30 over recipes, from a Classic poke to a little mix of Asian fusion to totally vegetarian, you get to learn how quick and easy it is to poke.

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