

**RECIPE: SPRING POKE WITH GREEN VEGETABLES**

**ASIAN FOOD**

Sesame oil, 0.5 fl oz.

**BAKING**

Sugar, 3.6 oz.

**CONDIMENTS & OIL**

Soy sauce, 4 fl oz.

**FISH & SHELLFISH**

Halibut, 16 oz.

**JUICES**

Lemon juice, 4.92 fl oz.

**SPICES & SEASONINGS**

Salt, 0.11 oz.

Ginger, 0.06 oz.

Sesame seeds, 0.32 oz.

Dried mint leaves, 15

**VEGETABLES**

Asparagus, 2.39 oz.

Fava beans, 2.68 oz.

Celery root, 5.57 oz.

Fennel, 3.11 oz.

Green peas, 2.59 oz.

**MISCELLANEOUS**

Dried hijiki seaweed, 0.5 oz.

Scallion greens, 2 tbsp.

Mizuna leaves, 1 cup

Grapeseed oil, 0.5 cup