



Ponzu Salmon Poke Bowl

with Sesame Rice & Snow Pea Slaw



Jasmine Rice



Asian Greens



Snow Peas



Salmon



Ponzu



Shredded Red Cabbage



Sesame Dressing



Japanese Dressing



Mixed Sesame Seeds



Pickled Ginger



Crispy Shallots



Coconut Sweet Chilli Mayonnaise

Hands-on: 15-25 mins
 Ready in: 25-35 mins

Eat Me First

Tonight, it's all about capturing the flavour of a sushi roll but all loaded into a colourful bowl - from the sesame rice, succulent salmon to creamy slaw, all topped off with a generous dollop of coconut sweet chilli mayo... this dish will give your local poke joint a run for its money.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with lid · Large frying pan

Ingredients

| | 2 People refer to method | 4 People refer to method |
|---------------------------------|-----------------------------|-----------------------------|
| olive oil* | 1 ¼ cups | 2 ½ cups |
| water* | 1 medium packet | 1 large packet |
| jasmine rice | 1 bag | 2 bags |
| Asian greens | 1 small bag | 1 medium bag |
| snow peas | 1 small packet | 1 large packet |
| salmon | 1 medium packet | 1 large packet |
| ponzu | 1 medium packet | 1 large packet |
| shredded red cabbage | 1 medium bag | 1 large bag |
| sesame dressing | 1 packet (30g) | 1 packet (60g) |
| Japanese dressing | 1 packet | 2 packets |
| mixed sesame seeds | 1 packet | 2 packets |
| pickled ginger | 1 packet | 2 packets |
| crispy shallots | 1 medium packet | 1 large packet |
| coconut sweet chilli mayonnaise | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4142kJ (989Cal) | 794kJ (189Cal) |
| Protein (g) | 41.4g | 7.9g |
| Fat, total (g) | 58.4g | 11.2g |
| - saturated (g) | 9.2g | 1.8g |
| Carbohydrate (g) | 80.9g | 15.5g |
| - sugars (g) | 12.5g | 2.4g |
| Sodium (mg) | 826mg | 158mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

Add the **water** to a medium saucepan and bring to the boil. Add the **jasmine rice** and a pinch of **salt**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat. Keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



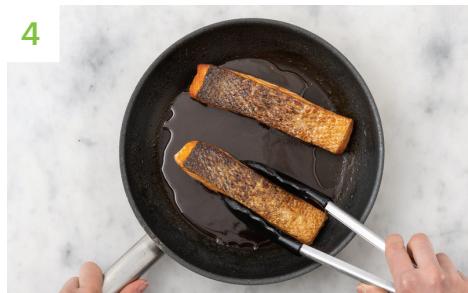
Get prepped

While the rice is cooking, roughly chop the **Asian greens**. Trim the **snow peas**, then thinly slice lengthways.



Cook the Asian greens

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Stir-fry the **Asian greens** until just wilted, **2-3 minutes**. Season to taste. Transfer to a bowl.



Cook the salmon

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Pat the **salmon** dry with paper towel, then season both sides with **salt** and **pepper**. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). Remove the pan from the heat, then pour in the **ponzu**.

TIP: Patting the salmon skin dry helps it crisp up in the pan!



Finish the slaw & rice

While the salmon is cooking, combine the **snow peas**, **shredded red cabbage** and **sesame dressing** in a large bowl. Season to taste, then set aside. To the saucepan with the rice, stir through the **Japanese dressing** and 1/2 the **mixed sesame seeds**.



Serve up

Divide the sesame rice between bowls. Top with the slaw and ponzu salmon, spooning over any remaining sauce from the pan. Sprinkle with the remaining sesame seeds. Serve with the **pickled ginger**, **crispy shallots** and **coconut sweet chilli mayonnaise**.

Enjoy!

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