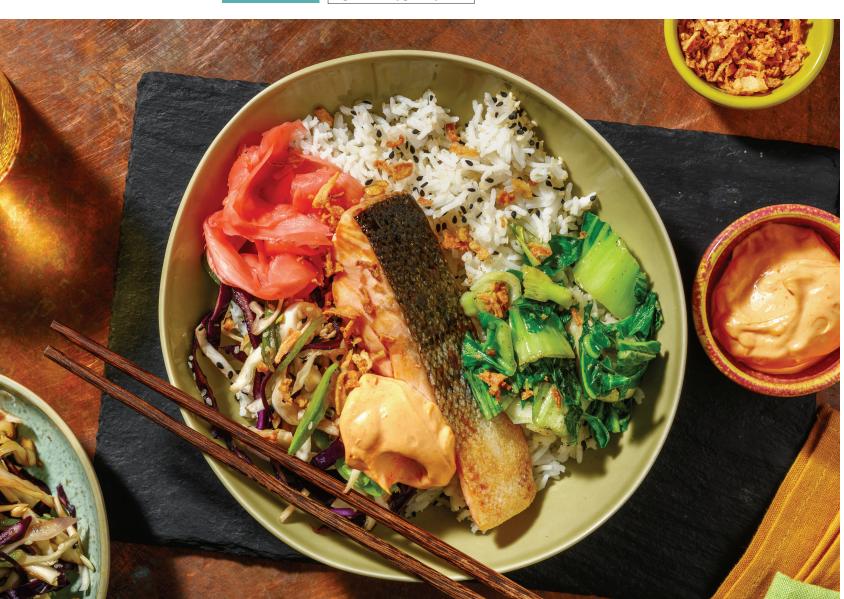


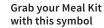
Ponzu Salmon Poke Bowl

with Sesame Rice, Pea Pod Slaw & Pickled Ginger

TASTE TOURS

CLIMATE SUPERSTAR















Japanese Style Dressing

Pea Pods



Seeds







Asian Greens







Sesame Dressing







Pickled Ginger







Crispy Shallots

Coconut Sweet Chilli Mayonnaise

Prep in: 15-25 mins Ready in: 25-35 mins



Eat Me First

Tonight, it's all about capturing the flavours of a sushi roll, and loading them up into colourful bowl - from the sesamestudded rice and ponzu-glazed salmon through to the creamy slaw. Top with a generous dollop of coconut sweet chilli mayo and you'll be giving your local poke joint a run for its money.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
Japanese style dressing	1 packet	2 packets
mixed sesame seeds	1 medium packet	1 large packet
pea pods	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
shredded cabbage mix	1 medium bag	1 large bag
sesame dressing	1 medium packet	1 large packet
salmon	1 small packet	2 small packets OR 1 large packet
ponzu	1 medium packet	1 large packet
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)	4013kJ (959Cal)	770kJ (184Cal)
Protein (g)	41g	7.9g
Fat, total (g)	55.5g	10.6g
- saturated (g)	8.2g	1.6g
Carbohydrate (g)	79.8g	15.3g
- sugars (g)	11.6g	2.2g
Sodium (mg)	886mg	170mg

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 jasmine rice and a pinch of salt. Stir, cover with a lid and reduce heat to low. Cook for 12 minutes, then remove pan from heat.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.
- Stir through Japanese style dressing and half the mixed sesame seeds.

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



Prep the veggies

- While the rice is cooking, trim **pea pods**, then thinly slice lengthways.
- · Roughly chop Asian greens.
- In a large bowl, combine pea pods, shredded cabbage mix and sesame dressing. Season to taste. Set aside.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
 Stir-fry Asian greens until just wilted, 2-3 minutes. Season. Transfer to a plate.



Cook the salmon

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

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



Serve up

- · Divide sesame rice between bowls.
- Top with slaw, stir-fried greens and ponzu salmon, spooning over any remaining sauce from the pan.
- Sprinkle with remaining sesame seeds.
- Top with pickled ginger, crispy shallots and coconut sweet chilli mayonnaise to serve. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate



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