



# Ponzu Salmon Poke Bowl

with Sesame Rice, Pea Pod Slaw & Pickled Ginger

TASTE TOURS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



Japanese Style Dressing



Mixed Sesame Seeds



Pea Pods



Asian Greens



Shredded Cabbage Mix



Sesame Dressing



Salmon



Ponzu



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 sesame-studded 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
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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!

3



## 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!

2



## 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.

4



## 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!

## We're here to help!

Scan here if you have any questions or concerns



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