



Quick Ponzu Salmon Poke Bowl

with Pickled Ginger, Sesame Rice & Japanese Slaw

Grab your Meal Kit with this symbol



Jasmine Rice



Asian Greens



Snow Peas



Salmon



Ponzu Sauce



Shredded Red Cabbage



Sesame Dressing



Japanese Dressing



Mixed Sesame Seeds



Coriander



Pickled Ginger



Crispy Shallots



Wasabi Mayonnaise

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

Spicy (wasabi mayonnaise)

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 drizzle of warming wasabi mayo... this dish will give your local Japanese restaurant 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 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 packet	2 packets
Asian greens	1 packet	2 packets
snow peas	1 bag (100g)	1 bag (200g)
salmon	1 packet	2 packets
ponzu sauce	1 medium packet	1 large packet
shredded red cabbage	1 bag (150g)	1 bag (300g)
sesame dressing	1 packet (30g)	1 packet (60g)
Japanese dressing	1 tub (30g)	2 tubs (60g)
mixed sesame seeds	1 medium packet	1 large packet
coriander	1 bag	1 bag
pickled ginger	1 packet	2 packets
crispy shallots	1 packet	2 packets
wasabi mayonnaise	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4137kJ (988Cal)	782kJ (186Cal)
Protein (g)	41.4g	7.8g
Fat, total (g)	55.4g	10.5g
- saturated (g)	7.8g	1.5g
Carbohydrate (g)	75g	14.2g
- sugars (g)	9.1g	1.7g
Sodium (mg)	860mg	163mg

The quantities provided above are averages only.

Allergens

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

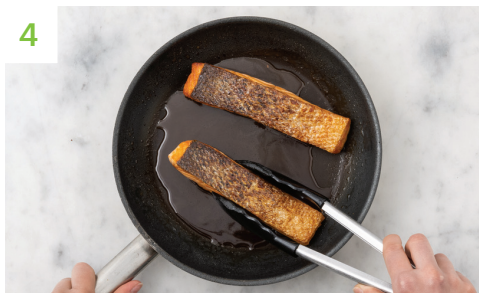
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

In a medium saucepan, bring the water 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 and 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!



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 and season both sides with **salt** and **pepper**. When the oil is hot, cook the salmon, skin-side down first, and cook until just cooked through, **2-4 minutes** each side (depending on thickness). Remove from heat. Pour over the **ponzu sauce**.

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



Get prepped

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



Make the slaw

While the salmon is cooking, combine the **snow peas**, **shredded red cabbage** and **sesame dressing** in a large bowl. Season to taste.



Cook the Asian greens

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



Serve up

Stir the **Japanese dressing** and 1/2 the **mixed sesame seeds** through the rice. Roughly chop the **coriander**. Divide the jasmine rice, slaw, Asian greens and ponzu salmon between bowls. Spoon over remaining ponzu sauce from the pan. Sprinkle over the remaining mixed sesame seeds. Serve with the **pickled ginger**, coriander, **crispy shallots** and **wasabi mayonnaise**.

TIP: Combine the the wasabi mayonnaise with plain mayo if you prefer a little less heat!

Enjoy!