



# 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	4 People
olive oil*	refer to method	refer to method
water*	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
Asian greens	1 bag	2 bags
snow peas	1 small bag	1 medium bag
salmon	1 small 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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## 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!



## 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!



## Get prepped

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



## 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**.



## 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.



## 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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