



### Product Spotlight: Sushi Rice

Sushi is made using a special Japanese white hulled rice, commonly called sushi rice. It is a high-quality, short-grain rice that is sticky and slightly sweet.



## Salmon Poké Bowl

The poké (pronounced po-kay) bowl is a popular Hawaiian dish with pink salmon and fresh toppings. This version is full of goodness with avocado, crunchy cucumber and a zingy ginger dressing.



30 minutes



2 servings



Fish

### Spice it up!

*There are many fun garnishes you can add to your bowl! Try adding some sliced seaweed snack sheets or fried shallots. Want to make the dish again? You could use grilled chicken or even prawns and add mango or radishes.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	27g	78g

## FROM YOUR BOX

SUSHI RICE	150g
GINGER	1 piece
ORANGE	1
AVOCADO	1
LEBANESE CUCUMBER	1
YELLOW CAPSICUM	1
CORIANDER	1 packet
SALMON FILLETS	1 packet
SESAME SEEDS	10g

## FROM YOUR PANTRY

sesame oil, soy sauce (or tamari)

## KEY UTENSILS

frypan, saucepan

## NOTES

For seasoned sushi rice, add 2 tbsp rice wine vinegar and 1/2 tsp sugar to cooked rice. Use a wooden spoon to break up any lumps in the rice and mix in the seasoning.

For extra flavour, add the sesame seeds to dry frypan to toast for 3–4 minutes until golden. Remove from pan and cook salmon.



### 1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml water**. Cover and bring to a boil. Reduce heat immediately to low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed (see notes).



### 2. MAKE THE DRESSING

Peel and grate **ginger** to yield 1/2 tbsp. Whisk together with juice from **1/2 orange**, **1 tbsp sesame oil** and **1 tbsp soy sauce**. Set aside.



### 3. PREPARE THE TOPPINGS

Dice remaining **1/2 orange**, **avocado**, **cucumber** and **capsicum**. Chop **coriander**. Set aside.



### 4. COOK THE SALMON

Heat a frypan over medium-high heat (see notes). Coat **salmon** with **1/2 tsp sesame oil** and **1 tsp soy sauce**. Add to pan and cook for 3–4 minutes each side until cooked through.



### 5. FINISH AND SERVE

Divide **rice** and **toppings** among bowls. Break **salmon** apart and add to bowls. Spoon over **dressing** to taste and sprinkle with **sesame seeds**.



Scan the QR code to  
submit a Google review!

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0448 042 515** or send an email to **hello@dinnertwist.com.au**

